



The actress
who stepped
down from
a painting **P10**



My East
End roots
by Tinchy
Stryder **P4**



Sailing adventure put on hold by arm injury in storm

Michelle out of race as hurricane strikes

Rob.Virtue
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It was the dramatic moment
ferocious weather nearly ended
a round-the-world sailing
adventure after years of prepara-
tion.

Michelle Porter, a PA from Poplar,
was almost thrown overboard after
her ship in the global Clipper Race
was struck by a huge wave during a
hurricane in the Pacific Ocean.



**Michelle in
Canary Wharf
before she left**

She was saved by
her safety line but
left with a suspected
broken arm as the
ship was thrown on
to its side.

Michelle spoke to
The Wharf from her
hospital bed in South
Africa.

She said: "We
had been hit by a lot of waves over
the last few days but this one was
monumental. I was tagged onto the
high side by my safety line and just
didn't see the wave coming."

"The next thing I knew I was clinging
onto the rails on the low side. Had it
not been for my safety line I would
have been straight overboard."

Continued on Page 5



Michelle Porter receives medical treatment for her arm injury sustained on board

**ALL YOU
CAN EAT**

We settle in at One
Canada Square for
breakfast, lunch
& dinner **P14**

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Spitalfields
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P61



SPECIAL How Tech City can cement its No.1 status **P4** **PLAY** The lowdown on craps **P12**



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WEATHER

9C TODAY
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Partly cloudy

9C SUNDAY
Cloudy

8C MONDAY
Cloudy

TRAVEL

TUBE & DLR

The DLR will be suspended on Sunday between Bow Church and Stratford. The Jubilee line is fine.

ROADS

No problems.

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PROPERTY

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REGULARS

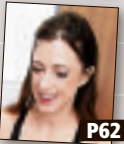
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ESTABLISHED 1998

Agenda

I haven't the time for 20 questions

When did popping to the shops turn into a game of 20 questions?

"Do you have a loyalty card?" No. "Would you like a loyalty card?" No. "Would you like this chocolate bar/water/newspaper with your purchase it only costs a pound?" No. "Would you like to try this free sample then?" No. "Would you like a free voucher that entitles you to some crappy makeup you will never use?" No. No. No. No.

I only came in for a pack of mints. I wasn't expecting an interrogation. I'm a Wharfer – I'm in a perpetual hurry. My nerves are not frazzled, but flayed.

BLONDE'S EYE VIEW



ANGELA CLARKE

Do you know how hard you have to fight to get through Canada Place? It's a war out there. I've seen things you couldn't imagine in your worst nightmares.

A collision – sushi and soy sauce all over fresh dry cleaning. I can't talk about it. It's too raw. Do you think I care about a free vitamin pill sample? If I want vitamin pills I'll buy some. This incessant questioning has made me miss my Tube.

And people wonder why customers are heading to the internet – you don't have to sit an exam to buy a can of beans.

I don't blame the sales personnel;

they're clearly following a script, doing their job, in the face of minty fresh short-tempered toads like me.

No, these carefully crafted customer interactions are dictated from on high. Probably by people who've taken courses in things called Customer Warmth and How To Share The Love With Your Clients, While Harvesting Their Data. Probably by people who only ever do their own shopping online.

Give me a polite bit of chitchat, but you can shove your loyalty card up your... oh there's my train.

Follow Angela on twitter:
@TheAngelaClarke

London eye



REUTERS

A photograph of Drummer (Private) Lee Rigby of the Royal Regiment of Fusiliers is pictured in the Field of Remembrance at Westminster Abbey.

Poppy Day special
Page 65

What our writers are talking about

■ Master A sat down with the iPad. His face was a picture when I handed him the pile of Christmas catalogues.
Tabitha Ronson

■ People have seen a change in their life. This is anything from household bills, job insecurity or the cost of getting the Tube.
Jim Fitzpatrick MP

■ The boys will drive their cockroaches to the edge of the abyss and beyond just to see what happens.
Giles Broadbent

■ From the stunning Torres de Serranos to the city's cathedral, Valencia has history at every corner you turn.
Rob Virtue

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60 Second Wharf

Heart of the community

With a £2million revamp, Asda is looking to entrench its position at the heart of Island life.

News • Page 6

Docklands under fire

Newly-published photographs show how Germany planned to bomb the Docklands in the First World War.

News • Page 7

Princess on the level

Princess Victoria of Sweden paid a visit to east London last week, popping into tech hotspot Level39.

News • Page 8

Step in right direction

Children are learning that dance is about fun, not practising routines, at a new class in Blackheath.

Alive • Page 13

Down the market

Old Spitalfields Market is a hive of boutique tastes. And we have £250 in vouchers to be spent there.

Fashion • Page 61

Stretching for the door

Too lazy to go to the gym. A yoga instructor will bring her guidance right to your Canary Wharf office.

Health • Page 62



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Shuffle, shuffle, kick

ICE skaters broke the world record for the longest conga on ice at Canary Wharf Ice Rink on Tuesday.

On the second attempt to break the existing record of 274, 352 participants in a conga chain linked hands to waist successfully performed the required shuffle, shuffle, kick consistently for five minutes.

The conga line was headed by Pudsey Bear who represented Children In Need, the charity that will benefit from the record attempt.

Children In Need will be broadcast across the BBC tomorrow (Friday) including a feature on the conga.



KAY LOCKETT

Nick challenges his illness – and Everest

PEOPLE

Climber, 37, could be first with CF to tackle peak

Rob.Virtue
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Next spring, Nick Talbot will attempt to be the first person with cystic fibrosis to climb Mount Everest.

Not only is the 37-year-old Surrey Quays resident looking to scale the world's highest peak but he's also setting himself the mammoth challenge of raising £100,000 for charity for others afflicted with the condition.

Nick climbed the world's sixth tallest mountain Cho Oyu in 2011 and is now keen to battle the much tougher Everest.

He said: "It will be really tough, but I know some with cystic fibrosis have to endure fighting to walk and breathe every day. I'm doing this for them."

Cystic fibrosis is a life-shortening genetic condition that



Nick Talbot, above, and right, on Cho Oyu in 2011



sees only half of those affected live to the age of 40. It causes the lungs and digestive system to be clogged with mucus.

Nick sees himself as one of the lucky ones. And that's helping to motivate him for the expedition.

"I've had a few ups and downs but my health has generally been much better than most people who have cystic fibrosis," he said.

"I'm also lucky to benefit from a new medication that can only help a small percentage of people and has meant that my lung function has improved and my health is even more stable."

"This has allowed me to attempt such a huge feat."

Nick is raising the money for the Cystic Fibrosis Trust, which will mark its 50th year in 2014.

The trust's Vicky Bratherton said: "We are in awe of Nick. People with cystic fibrosis have a daily struggle to keep well, may tackle challenges such as marathons and high climbs, but we know of no-one with cystic fibrosis who has climbed the world's highest mountain."

The trek will take place between April 5 and 27.

Go to uk.virginmoneygiving.com/CFvsEverest to donate.

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- Filo prawns with chilli dipping sauce.

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NEWS IN BRIEF

Around east London

Air quality on Island monitored

EAST LONDON Tower Hamlets Council has agreed to put air quality monitors on the Isle of Dogs.

The area's Conservative Party, which asked for the initiative to be brought in, said it will allow the borough authority to take steps to tackle the problem in high risk areas.

Number of cable car users drops

DOCKLANDS The number of people using the cable car to cross the Thames last week dropped to its lowest since March – and fifth lowest ever. Just 20,406 used the service over the seven days up until November 10.

I'm striving to be true to myself, true to my roots

INTERVIEW

Tinchy Stryder tells **Beth Allcock** how he was taken up by the East End grime scene

Rapper Tinchy Stryder speaks from the heart as he hails music as a language that "everyone in the world" understands.

It's the 27-year-old's life-long passion for sound – forged in the midst of the East End grime scene and evolving into albums, live tours and technology – which will see him go full circle and return to his roots tomorrow (Friday).

For the past two years he's been collaborating with headphones brand Goji, conjuring up a sequin-studded design for an exclusive set of striking white headgear to be revealed at Westfield Stratford City.

Tinchy has previous form in fashion after conjuring up clothing line Star In The Hood, named after his 2006 album.

"When you're an artist, sound is one of the most important things, especially how you hear music," he said, talking about his Crystal by Tinchy Stryder: On Cloud 9 range.

"It's like if you speak, but you're not speaking clearly, you're not going to understand something.

"I feel it's important how things sound – it's key to the music.

"To think, I never would have once imagined launching headphones, let alone at Westfield Stratford City, around the corner from Bow and Stratford where I grew up. It does feel good."

Spending his primary and secondary school days shared between Bow and Stratford, Tinchy immersed himself in the area's grime scene outside the classroom.

Looking up to fellow resident and rapper Wiley for inspiration and chilling out with Dizzee Rascal, he said there was "something special in the air" on his home turf.

"It was cool and it was good fun," he said. "It just had a good vibe and had good fun and the people around me especially music wise, there was something about that area.



Tinchy Stryder is launching his Crystal by Tinchy Stryder: On Cloud 9 range of headphones tomorrow (Friday) at Westfield Stratford City



"And Bow especially, because Dizzee and Wiley were from there.

"Canary Wharf to me was a place with some big towers where we just couldn't go.

"At the same time it was motivational in a way. It was so close and, if you did go there, there were lots of people looking like they were achieving.

"But really and truly my friends, the day-to-day things and the people I saw and was around, they motivated me."

Despite this week's focus on music

technology, the thing that propelled Tinchy into super stardom – his music – is still firmly top of the agenda.

His back-catalogue currently boasts a trio of albums, *Catch 22*, *Third Strike* and *Star In The Hood*, but he vows fans will be treated to a fresh offering in 2014.

This time, he said, he'd be bringing something new to the table.

He said: "What feels good is my fourth studio album feels like my first.

"Coming to four albums a lot of people feel like they know Tinchy but you might not know me.

"I have been through a lot the past couple of years and I am opening up.

"This is a journey I have been on and I am speaking about it.

"This time around there's a new theme and it all combines so one story is being told, instead of a couple of different stories. I got told for years just be yourself, just be you, and that's what I'm doing."

Tinchy Stryder will visit Currys & PC World, Westfield Stratford on November 15 to launch his exclusive Crystal by Tinchy Stryder: On Cloud 9 headphone range, £199.

Animal firsts saved for the nation



ACCLAIMED paintings by George Stubbs of a kangaroo and a dingo will be on show full-time at Greenwich's National Maritime Museum following a donation of £1.5million.

Kongouro From New Holland and *Portrait Of A Large Dog* were purchased with funding from the Eyal Ofer Family Foundation after an export ban kept them in the country.

They are the first depiction of a kangaroo and dingo in western art. Full story at wharf.co.uk



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Michelle is rescued from her boat in the middle of the night

From Page One

"It was all a bit chaotic. The boat went over 90 degrees, which is not an angle you want to be at."

The incident happened last Wednesday and Michelle, 37, spent the next day and a half below deck being treated by the boat's medic, who was also injured. A rescue ship then arrived to evacuate Michelle to hospital in South Africa's Port Elizabeth.

There, the east Londoner was relieved to discover there was no fracture, just heavy bruising and tendon damage.

She hopes to rejoin the team aboard Derry-Londonderry-Doire

in Albany, New Zealand, in the next couple of weeks.

She was the second person to be taken out of the race in 24 hours, as the previous day another sailor's leg was impaled on a cleat.

Michelle trained for around two years for the 11-month race, featuring 12 boats full of professional sailors and novices. They set sail from St Katharine Dock in Wapping in September.

She said nothing had prepared her for the experience.

"It's been harder than I ever expected," she said. "I'd say to people considering doing it, it's a hundred times harder than you would believe. Saying that, the highs far outweigh the lows and I don't regret it at all."

Police find river body

999

TRIBUTES have been paid to a barrister who was found dead near Greenwich Pier last week.

Gianni Sonvico, 23, pictured, is believed to have fallen into the Thames at Tower Hill two weeks before his body was discovered. He had been out drinking with friends at Middle Temple.

Gianni, a graduate of Queen Mary, University of London, had only recently completed his Bar Professional Training Course at Kaplan Law School.

His mother Karen Chandler said: "What gives us comfort are the many stories we have heard about his talent for the law, his passion for his friends, his love for his sister and all his family, his love for London and, of course, the Arsenal."

"He was on the cusp of a great life. We are devastated. He was absolutely passionate about justice and equality in law."

Following his disappearance, nearly 2,000 people joined a Facebook page featuring an appeal from his sister Maya.

Police patrolling the Thames found a body near to Greenwich Pier at about 10am last Friday. An inquest is yet to open but police are not thought to be treating his death as suspicious.



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What's On / Page 12

"It's not just British toes we're keeping warm"

John Wells, Managing Director of AJ Wells & Sons Ltd

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Ship makes timely visit

SIGHTS

HMS Tyne docked at Wood Wharf for the duration of the Remembrance Day services.

Speaking as the ship arrived last week, Lt Comm Bob Lavery (pictured) said: "We're here for relations with the community and Poppy Day makes it very good timing."

"Our crew will be volunteering around the Canary Wharf estate for the big national collection drive."

The 10-year-old ship operates on average nine out of every 10 days, and has a crew of 45 on the books. For a full pictorial tour of HMS Tyne, go to wharf.co.uk

We're more than a shop, we're part of Island life

ISLAND

Asda's community initiatives mark 30 years as a rallying point for residents

Beth Allcock
@wharf.co.uk

For staff at a major supermarket at the heart of the Isle of Dogs for the past 30 years, the bustling aisles offer a whole lot more than tasty treats and bargain deals.

Asda, just steps from Cross-harbour DLR station, has its roots firmly in its E14 patch and hammered this home with the creation of a band of community life champions two years ago.

With the bulk of its shoppers – and many employees – living in the area, manager Craig Higham and community life champion Mary Cosgrove have strived to cement links between residents of all ages.

Whether it's securing funds for a trio of organisations for the Community Life in Action programme, conscripting Scouts for bag-packing, coordinating store tours or providing tea and a chat for those over 50, Mary has embraced her role at the hub of Island life.

As part of the store's 30th birthday and £2million renovation in September, a Community Room has been unveiled at the rear of the shopping space.

This now offers a home for free Pilates classes, coffee meet-ups for tenants association groups among others.

And 35-year-old Craig, who has been at the helm for the past two years, said the new facility was key to building links.



Asda manager Craig Higham and community life champion Mary Cosgrove

What's the next step for community space?

"Because it is so new to the Island, it will take a while for the community to fully understand that space."

Craig Higham

"If there's one thing I wanted the store to have was this Community Room," he said.

"It's free space for groups to use that will build relationships."

"Because it is so new to the Island, it will take a while for the community to fully understand that space. I am sure there will be lots of groups in the community we have not touched yet."

Mary's Over 50s coffee club

is thriving, as is her work with schools, which includes working with Canary Wharf College to create a new playground.

One of the next events on the agenda is the store's first Light Up A Life celebration on December 8.

Joining forces with the City of London Sea Cadets, it will offer a multi-faith service of remembrance.

The 55-year-old said it was the social side to her job that she relished.

"Some people come in and say 'I haven't spoken to anyone all week'," she said.

"So we can let them know about other clubs in the area. It's bringing all sorts of different people together."

And the new faces coming into the store may be in for a bit of a surprise.

Builders spent six weeks during the summer to refurbish and refresh the store.

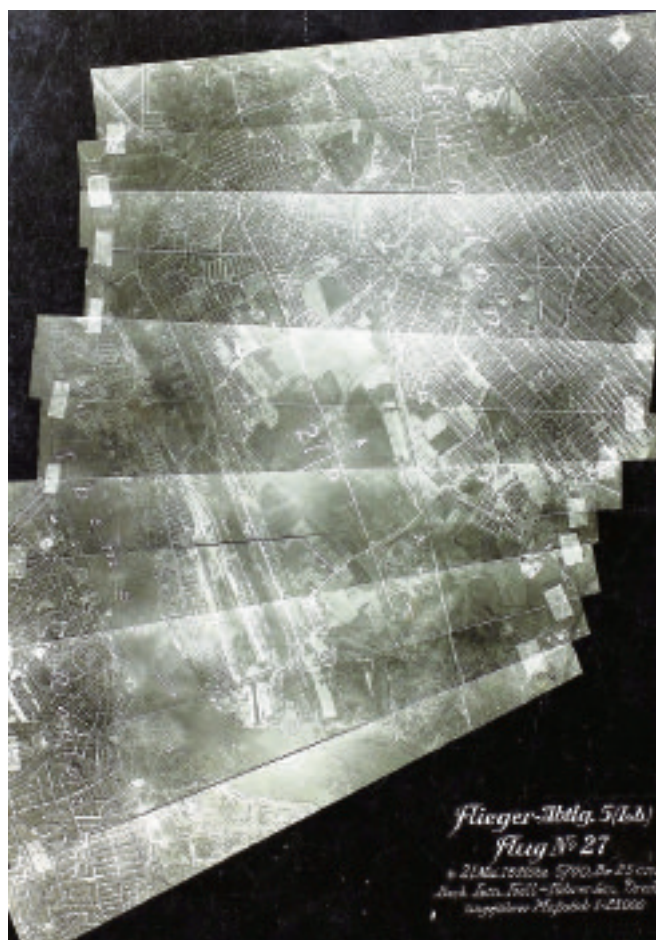
The cafe was re-vamped – with a new Cafe To Go facility offering hot snacks and drinks to take away – and a Concept 21 George clothing department unveiled.

Tills were updated, aisles were freshened up and new baby and ethnic food departments were installed to respond to requests from customers.

And the image overhaul was just one of many benefits to residents, said Craig.

"There are many colleagues local to the area who walk to work or cycle to work and it's encouraging that we are able to offer the local area jobs and opportunities."

To get involved with community activities at Asda, email Mary at community.isleofdogs@asda.co.uk



Recon photographs pick out key targets in the Docklands

When terror first took to the skies

HISTORY

Giles Broadbent
@wharf.co.uk

PHOTOGRAPHS of the Docklands used by German bombers in the First World War have been published for the first time.

The photographs show the Victoria and Albert dock and King George V dock under construction in May 1918 as well as the Royal Arsenal in Woolwich.

More associated with the Second World War, large scale bombing raids on Britain by bi-plane Gotha IV bombers began in May 1917.

The first daylight raid on London, on June 13, killed 162 people, including 18 children in a primary school in Poplar, and injured 432.

By September 1917, British air defences had improved and the Germans abandoned daylight raids. Night operations proved costly too and they were suspended in February 1918.

In all, Gothas carried out 22 raids on England, dropping 84,740kg of bombs for the loss of 61 aircraft.

While little serious damage was done, and casualties were relatively low, the moral effect was enormous and forced the Government to divert resources from the western front. *Mapping The First World War*, by Peter Chasseaud, Collins, £30. Go to harpercollins.co.uk.



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How Tech City can cement its No.1 status

TECH

Companies like King face challenges over recruiting talent and getting investment

Rob.Virtue
@wharf.co.uk

In a central London office the makers of one of the most popular games of the digital age, Candy Crush Saga, are busy devising more ways of attracting the attention of the Facebook generation. But King isn't a UK company, nor is it from the United States. It originated in Sweden.

And it's a growing endorsement of London's burgeoning Tech City that the firm which got the world hooked on lining up candies sees the capital as the perfect place to base its business.

At Canary Wharf last week

members of the Swedish royal family and Sweden's trade representatives met with UK tech industry leaders to discuss possible link-ups.

At the meeting, Sebastian Knutsson, chief creative officer at King said it was the digital knowledge of Londoners which gave the area the advantage. Although these Londoners are not usually – at the moment anyway – home-grown.

"It's the best pool we have for recruiting talent," he said. "There's not many British in our offices – in fact the biggest nationality is Australian – but it's a great city in that it attracts top people from many countries."

"For us, it's about finding people who have the relative experience and London offers that."

Despite rival claims from cities such as Berlin, Knutsson makes London the European capital of the tech industry. It provides the perfect link, geographically and culturally with USA and the Silicon Valley. Companies such as Google have established a large presence here and Tech City itself has

become a network of clusters, with Shoreditch, the Olympic Park and Canary Wharf among its hubs.

However, that "pool of talent" is not limitless and the greatest threat to the expansion of Tech City in all its forms comes from red tape.



GETTY & REUTERS & KAY LOCKETT

Royals get a taste of life in the East End

PRINCESS Victoria and her husband Prince Daniel took part in a whistle stop tour of the capital on Thursday. They visited City Hall and Hackney Community College, pictured above, before meeting industry experts and entrepreneurs at Canary Wharf's Level39.

Sweden's Trade Minister Ewa Bjorling said she was keen to see the two countries work closer in the tech industry.

"It's our sister country and an important country when it comes to trade," she told journalists at Canary Wharf.

Mayor of London Boris Johnson is pushing for more "entrepreneur visas" to be allocated to those working in the sector to keep it flush with talent.

"There are difficulties in setting up a business here," said Knutsson. "For example, it was tough for us to find a good location. You need a good, big workspace but you need it to be affordable."

"It's also hard for people to find a place to live and the cost of living here is high, up there with Sweden. It's easier to find value in southern Europe."

"But bringing in people from the US and other countries here is easier. They know the language and feel comfortable here. Those are the benefits."

There are other issues holding Tech City back from cementing its place as number one across this side of the Atlantic.

London's deputy mayor Kit Malthouse said the banks had become more risk averse.

"The biggest challenge for us is money," he said. "The culture of risk-taking, about building companies in the 18th, 19th and 20th centuries all relied on taking risks."

"We have that capital, we just need to stimulate individuals and



Princess Victoria and Prince Daniel outside One Canada Square

companies into supporting these start-up businesses.

"From a London point of view we see a company that's successful but it either decides to sell – because that's easier than raising the capital – or moves to the States. It's important to get a company to bed in here and to do that you need investment."

Efforts are being made to bridge the gap between capital-hungry startups and capital-rich banks.

One Canada Square's Level39 incubator space brings the tech industry into the heart of the financial centre, and Canary Wharf Group is keen to make digital firms a key part of the estate's growth.

And, on Monday, Wharf tenant KPMG launched an investment fund to pour £75million into the capital's tech sector.

However, Malthouse said he wanted to see results soon.

"We've got Google opening in Kings Cross and we've got the Amazon research centre," he said. "But it would be good to have some home-grown company to rival them."

Business Extra / Page 66

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“
We have the capital, we just need to stimulate companies to help support these start-up businesses
”

Kit Malthouse



Co-founder of King Sebastian Knutsson

The Week In Brief

A round-up of other key stories that we've been monitoring



Photo story

EAST LONDON Crossrail tunnellers have broken into one of Europe's largest underground caverns.

The stunning caves, 40m below ground, will form part of the tunnel linking the East End to Farringdon.

It is the point where the line divides westbound with one spur going to Canary Wharf and the other heading to Stratford. The caverns at Stepney Green are approximately 50m long, 17m wide and 15m high.

Cyclist killed in collision on cycle way is named

TOWER HAMLETS A cyclist who was killed following a collision with a lorry last week on a cycle route has been formally named as 62-year-old hospital porter Brian Holt.

Mr Holt, who lived in Belgrave Street, near Limehouse DLR station, was pronounced dead at the scene of the incident on Mile End Road at 4.40pm.

Police believe the collision with the tipper lorry, which took place at the junction of Bancroft Road, happened as the vehicle moved off from stationary traffic but it was not turning. The driver was not arrested.

Youngsters attack 999 crews with fireworks

TOWER HAMLETS Firefighters attending a call on Bonfire Night were attacked by a group of youths throwing fireworks.

Police were called to the incident at Robin Hood Gardens at Poplar on Tuesday at around 8.30pm. The fire crew were already there after a tree had been set on fire.

A tweet posted by LFB on Tuesday said: "Called to tree on fire in Poplar, kids started throwing fireworks at firefighters so police were called. The fire's now out."

A Met Police spokesman said: "No arrests were made."

Teen jailed for pensioner murder

EAST LONDON A teenager who killed a bed-ridden 88-year-old living in sheltered accommodation in Shadwell has been sent to prison for 18 years.

Imran Douglas, who was 17 at the time of the attack, strangled and stabbed Margery Gilbey, pictured, during an attempted burglary.

Douglas, from Norman Close in Romford, had earlier pleaded guilty to murder and

was sentenced at the Old Bailey on Friday.

A nurse discovered Margery with a stab wound, while the rear window in her room was open.

Police linked Douglas to the murder through CCTV and he was arrested later that day.

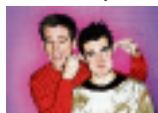
Det Chief Insp Graeme Gwyn said: "Only Douglas can explain why an attempted burglary had to end in murder."



Jailed: Imran Douglas

Dick and Dom line up for Westfield procession

EAST LONDON Santa will take his place alongside CBBC TV comedy duo Dick and Dom to switch on the Christmas lights at Westfield Stratford City on Saturday.



Father Christmas will round up his festive friends for a 12 Days Of Christmas procession with drummers, Can Can girls, Bollywood dancers and a

partridge in a pear tree. The event, which starts at 4pm, will be topped off with a fireworks display.

Three admit snooping in Olympic Stadium bid

EAST LONDON Three men have admitted unlawfully obtaining personal data following allegations by West Ham United and the Olympic Park Legacy Company.

Richard Michael Forrest, 31, of Furzefield in Crawley, Lee Stewart, 40, of More Lane in Esher and Howard Hill, 59, from Shrigley Road South in Stockport, Cheshire, pleaded guilty on Friday.

All faced one charge of breaking the data protection act and will be sentenced on December 20. They appeared at Inner London Crown Court.

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*Source: B53 vision screenings, Specsavers Drive Safe Campaign 2013. ©2013 Specsavers. All rights reserved

Stories in full and as they happen at wharf.co.uk

What's On

Seven Days

Exhibition A revolution in popular tastes



IR and G Cruikshank. "Tom & Jerry at a Coffee Shop"

★ Between 1714 and 1830, England underwent a revolution. The rush to the cities created a critical mass that allowed for popular culture to develop.

In a major exhibition **Georgians Revealed**, the British Library calls on its rare collections of books, newspapers, maps and adverts to bring to capture the essence of the age, both tasteful and riotous, refined and raucous. **Until Mar 11, British Library, £5-£7, bl.uk.**

Stage Shaw puts his case to the jury

★ Martin Shaw, Robert Vaughn and Nick Moran are but a quarter of the **Twelve Angry Men** set to occupy the Garrick Theatre.



One of the greatest trial dramas of all time, the story centres on the fate of a young delinquent accused of killing his father. But what starts as an open and shut case becomes a fiery dilemma as gradually the case begins to unravel. **Until Mar 11, Garrick, £49-£61, 7.45pm, nimaxtheatres.com.**

Why Emma was destined to tell story of icon Lizzie

STAGE

At the Tate, people took photos of the 'woman who stepped out of the painting'

Lucia Blash
The Wharf

When it comes to acting some performers are destined to play certain roles in their careers.

Several years ago Emma West was in Tate Britain wandering through the galleries when she came upon Sir John Everett Millais' iconic *Ophelia*.

As one of the world's most recognisable images, she was familiar with the work that depicts the drowning of the female lead in Shakespeare's *Hamlet*. However, until she was up close to the original, she had little idea just how much she resembled the artist's model, Lizzie Siddal.

It was as though she was looking at her own reflection in a mirror. She couldn't take her eyes from the face in the portrait.

Her gaze was only broken when she found herself surrounded by a tour group, who all wanted to have their photo taken with the "woman who had stepped out of the painting".

Today, Emma is just a few days away from stepping out onto the Arcola's stage in the title role of the world premiere of new play *Lizzie Siddal*.

"As an actor it's incredibly rare that you read something and you think, yes, that's absolutely, totally for me," said Emma.

"Obviously, with Lizzie and me there is a striking physical resemblance, and there have been several experiences



REBECCA PITT

Emma West brings the model for *Ophelia* – Lizzie Siddal – to life

What was Lizzie Siddal like?

"She just refused to adhere to conformities of the time and that for a woman in the Victorian era was just unheard of."

along the way that have made me feel I do have some connection with her.

"I feel I have this huge sense of responsibility because Lizzie was a real person. I want to do her and her extraordinary life justice."

Written by Jeremy Green and directed by Lotte Wakeham, the play tells Lizzie's true story. Working as a milliner in Victorian London, she was

plucked from obscurity to model for the Pre-Raphaelite Brotherhood – a startling group of young painters determined to revolutionise the art world.

Inspired by their passion, Lizzie threw herself headlong into their lives and their art. She almost died in the creation of *Ophelia*, fell in love and became the muse and wife of Dante Gabriel Rossetti. Then she became an artist and poet in her own right.

In an age when there were very few opportunities for women, her dazzling trajectory from humble beginnings to a woman of independent means is truly remarkable.

"There are so many examples of things Lizzie did that were so extraordinary for the time," said Emma. "She was an incredibly plucky girl. She just refused to adhere to the conformities of the time and that, for a woman in the Victorian era, was just unheard of."

"I imagine that most people who don't know her story would think that Lizzie was someone who was simply a



DID YOU KNOW? *Ophelia* by British artist Sir John Everett Millais is one of the world's most popular and reproduced paintings. It has an estimated market value of £30million.

subject for these artists but she was so much more.

"She had great integrity and continued to pursue her art even when her relationship with Rossetti was going awry."

So, has Emma learned anything about herself in the process of becoming the artist's muse?

"There have been a lot of comparisons between actors and artists and the lengths to which actors and the artists we are exploring went to," said Emma.

"What I've been mulling over is however prepared you are, however much research you have done, however many experiences you try to inject into the character, Lizzie went above and beyond. She put her life at risk to be part of a work of art."

"I suppose you always hope that as an actor you will give 100 per cent."

Even recreating Millais' famous drowning image of Ophelia on stage?

"You will just have to come along and find out..."

Nov 20-25, Arcola, 23 Ashwin Street E8 3DL, 7.30pm (mat 2.30pm), £19 (£15), arcolatheatre.com.

NEWS

Mentored by RSC

A COMMUNITY theatre company on the Isle of Dogs has been chosen to take part in a Royal Shakespeare Company scheme.

WorkSpace Productions – which has operated out of The Space in Westferry Road since 2010 – was one of 86 companies to be picked for the Open Spaces project.

Members receive support, mentoring and workshops from the RSC and its six partner theatres with the goal of creating a new Open Stages production to be played out in E14.

The amateur company recruits people to work both in front and behind the stage, selecting scripts that are taken to full production.

Artistic director Adam Hemming, said: "Many of our members had little or no theatre experience before joining and are now seasoned board-treaders but we also have members who just enjoy the workshops for themselves."

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What's On

Teaching the lessons of a policy gone awry

STAGE REVIEW

It's a sobering thought that the youngest members of the audience for *Guantanamo Boy* were not born when the US detention camp was opened in 2002.

This adaptation of Anna Perera's novel at the Half Moon Theatre was aimed at the 12-plus age group and poses questions about human rights and state action in the war on terror.

Figures are disputed but it is believed there have been between 12 and 60 children held in detention.

This fictionalised account focuses on teenager Khalid, (Antonio Khela), who likes computer games and messaging about with his friends.

But his world is about to turn upside down, when he takes a wrong turning during a visit to stay with family in Pakistan.

Directed by Dominic



Antonio Khela as Khalid

Hingorani, the play follows Khalid's descent into a hellish experience in a detention centre where he is subjected to interrogation and taunted with the prospect of torture.

Roisin O' Loughlin was on our screens as a nurse in the movie *Diana*. Here she takes on the role of an investigator trying to get Khalid to admit to terrorism.

And Edward Nkom shows two sides of the prison system, as one sympathetic guard and another who is "simply following orders".

Perhaps the most affecting scenes portray the impact on Khalid's mental health and the fury of a fellow detainee (Bhawna Bhawar) at what has been done to a boy.

This four-hander from Brolly Productions is aimed at a young audience and although the subject matter is shocking and makes for uncomfortable viewing, it is not graphic, but designed to spark a debate and leave us with the lesson that violence solves nothing.

Julia Gregory
Go to halfmoon.org.uk.

★★★★☆

The lowdown on...

Playing casino craps

In the first of a series on how to get comfortable in a casino **ROB VIRTUE** looks at the latest game to come to Aspers Casino in Westfield Stratford City.

Popular in the America but relatively unknown in the UK, Craps tables were recently unveiled at Aspers. Here's the lowdown.

What's it like?

If you want chaos and theatre for your gambling experience then this is the game for you. It has up to 20 players at any one time, focused around a game that could easily be part of a mad hatter's tea party.

There's intriguing rows of numbers and a button with a light which can turn the game upside down. Whoever invented this definitely had a vivid imagination.

So, who did invent it?

It's not clear but its origins could date back to the Crusades or even the Roman Empire.

However, it became popular in the United States in the 1800s. It was the most played casino game in the '80s and '90s until electronic slot machines became all the rage. Craps' popularity prevails though due to its excitement levels and theatricality.

How do you play?

Everyone bets before the shooter throws the dice. Now, we could go through all the rules here, but they are convoluted and full of caveats.

It is basically betting on the outcome of two dice in a variety of different ways. But above that you really have to pull up a seat and sample it first hand to learn it.

I've heard of snake eyes (two 1s). What else?

Jimmie Hicks from the sticks (six).



Rob Virtue tackles the table under the watchful eye of Viktor Csuka

Little Joe from Kokomo (four). Hard eight... the game has a language of its own.

So what's the benefit to the gambler of this game?

"It's a very social game with everyone having fun and getting involved," said Aspers croupier Viktor Csuka. "And, as well as that, it's also the only game where there's no advantage for the house."

What should I keep in mind?

The dice should be visible at all times and held with just one hand. This is to avoid any issues and suspicions over cheating, such as swapping the dice with your own.

And what about those dice?

Modern dice have square corners and are manufactured to a tolerance of 1/10,000th of an inch.

Any systems I should learn?

The game is pure chance. The "gambler's fallacy" is that previous rolls predict future rolls. If you want genuine "hot hands" best buy a mug of cocoa.

Anything else I should know?

There's a whole host of traditions linked to it, normally with a reason. For example, when the dice show 11 the stickman [the croupier with the stick] shouts "Yo" – so players don't mistake it for seven.

What sort of thing will the stick men say?

"Comin' out. Bet those hard ways. Hot roll comin', play the field. Any mo' on yo'?"

What should I not say?

"Seven." It's bad luck. Or "hey, this is little more than a crapshoot". Because it is.



SCREEN

Don Jon

(18) 90mins



Award-winning actor Joseph Gordon-Levitt's first foray as feature writer-director is an assured comedy of modern mores that is by turns hilarious, smart and touching.

He plays a swaggering, bed-hopping hero who can't find a relationship that tops his relationship with porn.

That is until Scarlett Johansson, with her "noo joizy" accent drops into his hedonistic lifestyle.

Tony Danza and Julianne Moore also star in this street-smart treat.

★★★★☆

SCREEN

The Counsellor

(18) 117mins



Cameron Diaz's all-guns-blazing portrayal of a tattooed vixen is accompanied by terrific performances from Michael Fassbender and Penelope Cruz in this tale of a lawyer (Fassbender) who gets involved in a drug deal that goes wrong.

All three are badly let down though by Cormac McCarthy's overly complicated and wordy script, which isn't remotely interested in the protagonists' emotional turmoil, just their suffering. Director Ridley Scott makes it all look good though.

★★★☆☆

SCREEN

Dom Hemingway

(15) 94mins



This is Jude Law like you've never seen him before. Not just the extra 20lbs he put on for the role of the eponymous jailbird, but the loud, racist boozy persona is a far cry from Law's usual work.

Dom meets up with criminal colleague Dickie (Richard E Grant) and, together, they try to make up for lost time (and money).

Everyone has great fun with the film, including director Richard Shepard but it's not clear whether this is gritty thriller or broad comedy.

★★★☆☆

MUSIC



The Marshall Mathers LP2

Eminem

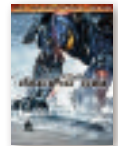
★★★★☆

It's taken over a decade for Eminem to unveil the follow-up to his Marshall Mathers LP, but it's worth the wait.

Described as a "revisit" to the vibes and nostalgia of his best-selling 2000 album, this 16-track release, with five bonus songs, featuring Dr Dre and Rick Rubin on producing duties, is a vitriolic return to form for the 41-year-old.

Stand-outs include the hit *The Monster* with Rihanna, the Stan-influenced *Legacy*, the country-tinged *So Far...* SL

DVD



Pacific Rim

(12) 131mins

★★☆☆☆

Aliens known as Kaiju emerge from a temporal rift in the sea floor. Humanity responds by creating Jaegers – 25-storey tall robots operated by two pilots – whose minds are melded by a neural link known as The Drift.

The script is a wasteland of two-dimensional characters and hoary clichés, replete with an obligatory stirring call to arms against the extra-terrestrial invaders.

Men pump their fists in the air, whoop and holler, energised by the battle that lies ahead. We're less impressed. DS

BOOK



Saints Of The Shadow Bible

Ian Rankin (Orion)

★★★★☆

In this twentieth edition of the trials of Rebus, Rankin poses three questions long on the lips of Rebus fans the world over: Is Rebus good? Is he bad? Do we care?

Rebus is back on the force, but he is fighting for his career. Pitted against old friends who once trusted him, Rebus must peel back the half-truths and lies of colleagues and criminals alike and must tread carefully for fear of exposing his own sins. What does he sacrifice, his friends or his passion? RB

Alive

SHOPPING

What's going to top the nag list



SANTA take note – the annual Dream Toys list has been announced, revealing the games, gadgets and play-things expected to top kids' wish-lists this Christmas. Here is the top 10 in alphabetical order

City Coast Guard
Lego £59.99

Doc McStuffins Playset
Flair £19.99

Flying Fairy by Flutterbye
Spin Master Toys UK £34.99)

Furby Boom!
Hasbro £59.99



InnoTab 3S
Vtech £99.99

LeapPad Ultra
Leapfrog £119.99

Monopoly Empire
Hasbro £19.99

Monster High 13 Wishes Doll
Mattel £22.99

N-Strike Elite RapidStrike CS-18
Hasbro £39.99

Robo Fishbowl
Zuru-Geomac £14.99

Teksta Robotic Puppy
Character Options £59.99



Backpacks offer streetwise edge

STREETWISE backpacks with style and support have hit the children's market.

Colourful Dragon's Den brand YUUBags is targeted at youngsters aged between three and 12 – with the YUUtuu brand for smaller children and YUUBag for big boys and girls over seven. All boast an exciting design and endless pocket space. But importantly, parents will be reassured by the ergonomic back panels to help support backs and facilitate good posture. YUUBags start at £43 and YUUtuu start at £38. Go to yuuworld.com.



Children learn that dance is about fun, not routines

CLASSES

Former ballet dancer aims to let toddlers use their imagination

Beth.Allcock
@wharf.co.uk

Childhood dance classes may well conjure thoughts of repetitive routines, sore toes and endless hours in pursuit of perfection.

As a former professional Melanie Precious underwent similar rigours, but the 36-year-old mum has set her sights on a new angle for dance tailored to babies and children.

A decade on the stage saw her ballet skills used in *Faust*, *Swan Lake* and *The Snowman*.

Switching to an office role led her indirectly back to using dance as a creative tool.

She fondly recollected the expressive, free nature of time spent "swishing about" dancing at home and is striving to bring it to south east London with her new Offspringers classes.

"It's creative dance, as opposed to learning how to dance, as bizarre and illogical as that may sound," said Melanie, who juggles her business with a job as interim head of learning and participation at DanceEast.

"With dance you get so hung up on what you see on television like *Strictly Come Dancing*, and you think the only way to teach dance is to get children to repeat routines.

"There's merit to that. That's how you learn to dance.

"But people who go through training can lose the ability to be creative.

"That's what I felt happened to me. So now I see dance as a tool for being creative and a tool for having fun."

In Melanie's sessions at the Albany, in Deptford, and Blackheath's Mycenae House, there are props such as wall murals, paintbrushes and pictures to accompany the movement, story-telling, play and song.



Babies learn about movement from their parents, and then join in

JAMES PERRIN

Babies and their carers will try to re-create shapes, move in particular ways or trace their fingers around an outline.

And, for Melanie, benefits of social interaction, physical improvements and a general sense of wellbeing underpin her work.

"I love working with all the age groups, especially pre-school, as they really respond," she said.

"Creativity is a skill you need going through life – the ability to think laterally, to think outside the box and to look at the world from a different perspective.

"I don't believe to dance you need to learn to be a dancer – it's just about using it as a way of expressing yourself and to have fun.

"In my classes I reiterate colours, language and body parts so I am trying to educate – but mostly I want them to have a really lovely time."

Go to offspringers.com or email info@offspringers.com for class times and prices.



It's creative dance, says Melanie Precious, below right



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Hazel, Year 13 student

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Food

All in one serving is just a bit too efficient

REVIEW

Nipa Thai

Lancaster London

It's not what's expected in Britain. Your starter, main meal and dessert served together.

But it's what Nipa Thai does for its pre-theatre Khantok offering. Meals served on a tray of separate compartments.

But are we really averse? Our school days and coach trips to the country were full of them. Holidays abroad always start with them (on planes). Ex-cons will be familiar. Back in our youth, the temptation was always to eat the dessert and leave the sandwiches. Now, sadly, we're charged with a little more restraint.

The Nipa Khantok is a four compartment dish, similar to a Japanese Bento. Two sections have a main, one a starter and the last a dessert. There's also



Nipa's opulent interior

steamed Jasmine rice in the centre.

Priced at £19.50 per person, including a wine, beer or a soft drink, it is available from 5pm until 7pm.

The quality is nothing less than you expect from a restaurant on the first-floor of the iconic Lancaster London.

Fried prawn dumplings and spring rolls with crab meat were delicious. The mains,

ranging from vibrant green chicken in green curry or aromatic chicken in red curry, beef in oyster sauce and stir fried pork made for a tasty buffet when sharing. And for dessert the exotic Thai fruits and caramel lychees were refreshing

The room is beautifully designed with teak panels covering the walls. It's a beautiful, relaxed venue.

The only drawback with the Khantok is it's just too efficient. You order, you receive, you eat. The timely service doesn't allow you long to enjoy the room and only gives you a snippet of the experience.

Rob Virtue

Nipa Thai, first floor, Lancaster London, Lancaster Terrace, London W2 2TY, 020 7551 6000, niparestaurant.co.uk

Our verdict

Too quick for our taste

★★★★☆

For all the me

To cover all the bases we review breakfast, lunch and di

BREAKFAST

Friday 9.30am

I'm a big kid at heart. Despite the temptations of swish dishes of smoked salmon, blueberry pancakes or soft shell crab Benedict in the chic decor of One Canada Square, I opted for egg soldiers.

Albeit a grown-up version for sophisticated Wharfers. Two perfectly-runny Burford Brown hen's eggs were cooked to my four-minute order served up with six regimented strips of fresh sourdough, slathered in Marmite (£6).

While the orange yolks proved a creamy, soft indulgence, the zingy tang of the Green Twist smoothie (£4.75), blew away the early morning cobwebs for my colleague and I, after we were initially wary of its deep green colour.

Sourdough was also the dish to start her day, this time topped with avocado, bacon that verged on the syrupy-sweet side and rounded off with a hint of chili. Although with coffee we were well fed, we couldn't resist seconds.

So more Marmite soldiers were rounded up for duty in a perfect Jenga-style tower, while a hot muffin, packed with bran, apricot and cobnuts delighted my colleague.

A sure-fire way to please a sweet tooth, she hailed it mouthwateringly delicious.

■ **Liked most:** The laid back, stylish atmosphere of the interior.

■ **Liked least:** The egg portion size was a little small – hence the need for more toast.

■ About £40-£45 for two.

Beth Allcock

★★★★☆

LUNCH

Friday 1pm

Canary Wharf's design and culture do not encourage a stand and stare mentality. Lunch trips are rapid. Coffees grabbed, sandwiches munched en route, fags inhaled in three drags then discarded.

Bustle flavours the very air. Rapidity, consistency and quality are demanded. Failure to deliver is punished by desertion. Lunch at One Canada Square measures up. We're seated quickly in the buzzy section to the venue's rear by well drilled staff.

After a brief hiatus (filled with violet foam of a creamy Aviation) dishes start arriving.

The stars are the raw meat and crunch of our starters – delivered with the sort of relaxed lackadaisical beauty that only comes from hard graft behind the scenes. The textures and flavours of beef tartar (complete with gooey slow-cooked hen's yolk in eggshell) and venison carpaccio are simply seductive.

I would have been happy to sit for an hour or so nourishing to roots of my teeth with this bounty. The sublime and comforting One Canada Square pie (fish on Friday) and delicate lime fondant were simply a bonus. A keeper.

■ **Liked most:** The heady effervescence of a foaming Aviation cocktail as an aperitif.

■ **Liked least:** The clunky iPad drinks and wine menu.

■ About £130 for two with wine.

Jon Massey

★★★★★



Boiled eggs and hot muffin



Steak tartare and One Canada Square pie



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Deals you need

inner at recently opened One Canada Square restaurant



For bookings go to onecanadasquarerestaurant.com or call 020 7559 5199

DINNER Friday 7.30pm

It's still in its infancy but there are very few creases to iron out. Staff are knowledgeable and attentive, the dining area manages to settle somewhere between intimate and airy, the menu covers all bases and the food hits the spot.

Our starters were stunning. A delicious lobster bisque was mouth-watering and filled with great pieces of juicy butter-poached crustacean. Wild bass cerviche with mango, lime and chilli salt, was perfect.

As for the mains, the Torbay bass, served on squid ink risotto and topped with deep-fried squid was a work of art and tasty. The whole Brixham Dover sole grilled was magnificently meaty but the least favourite – failing to justify its expense and the side sauce failed to complement it.

For desserts we resisted the ice creams and opted for a sticky date and honey pudding with a cornflake sorbet and a chocolate and peanut marquise with salted caramel popcorn sorbet. You'd have to look very hard to find better in Canary Wharf.

A chocolate delight, yet somehow avoiding heaviness, the marquise was narrowly the pick.

■ **Liked most:** The desserts were excellent.

■ **Liked least:** The Dover sole seemed expensive at a whopping £45.

■ A meal for two with wine is about £130.

Rob Virtue

★★★★☆



Chocolate marquise and Torbay bass



LE RELAIS DE VENISE

Get 35% off total bill at the weekend



Steak frites at Le Relais De Venice

★ Steak specialist (it's the only thing on the menu) Le Relais De Venice L'Entrecote in Mackenzie Walk is offering Wharfers more than a third off their total bill at weekends.

The deal includes food, house wine, drinks and desserts and is available every day until December 1.

Diners have limited options at the restaurant which serves a dressed green salad and steak frites to all comers. A range of desserts is available.

Go to relaisdevenise.com for more information and full terms and conditions.

FOOD FOR A FIVER

By Jon Massey

Ham and Gruyere baguette with mustard
£4.75, Le Pain Quotidien
Jubilee Place

Forget the eye-wateringly high price for a second, this prima facie unspectacular baguette is far better than its aesthetics or ingredient list betray.

The ham's moist and flush with flavour, the cheese a delicious reek of taste and the mustard gratifyingly delicate.

The latter steers well clear of the age old trap of ruining a perfectly good sarnie.

However, the bread eclipses everything else. It's a riot of textures and tastes – no pain, no gain.

There's a but though and it's a big one, especially after consuming this butter slathered monster.

I can't shake the feeling Le Pain is a missed opportunity – a single chiller of takeaway options?

Limited, particularly when its detox salad weighs in at more than £8 (this doesn't come with a nearly new pancreas or kidney either).

And the best part of a fiver is cuddling up to extortion when applied to a three-ingredient baguette.

Sure, you could wait to be seated in the cafe, but who has time for such luxuries? You may as well hand your notice straight to the boss and have done with it.

Our verdict

A little more generous than the price suggests

★★★★☆



Royal China

*Now taking
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Set menu just
£42.00
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(min of 2 people)



Hors D'oeuvres

Butterfly prawn
with crushed garlic

Minced turkey wrap
with lettuce

Crispy aromatic duck Main

Diced fillet steak
with black pepper sauce

Asparagus turkey roll
with teriyaki sauce

Baked silver cod Thai style

Stir fry mixed wild
mushrooms

Royal China lotus leaf rice

Dessert

Fresh Fruit Platter

Royal China Canary Riverside,
30 Westferry Circus, London, E14 8RR

020 7719 0888

Writing out by hand curtails excesses of Christmas list

My son, Master A, decided he wanted to write his Christmas list to Santa at the weekend.

In the past this has descended into tears and tantrums to rival those of Violet Elizabeth Bott. It really is the only time of year when he becomes a horror, with every toy ever invented included on the dreaded list.

Things were going to change.

In a retro move, I loaded up on gift guides and catalogues from stores around Canary Wharf.

For me, this was a pre-festive

ritual. I would spend hours flicking through their Technicolor pages.

On my Christmas wish list, I would write down the exact name and description of the toy as featured in the catalogue – in preferential order.

Previous lists included: Derry Daring Trick Cycle with figure – this gyro-powered trick cycle is a snarly beast but Derry, in her pink and silver jumpsuit with helmet and detachable cape, tames it with ease, by Ideal; Electronic Detective, the computerized [sic] Who-Done-It game, test your powers of logic and deduction

WORKING MUM



TABITHA RONSON

by Ideal; Cindy Eastham E-Line Wall Oven with accessories by Pedigree...

I would then carefully place the letter in an envelope marked Father Christmas, The North Pole and hand it to my mummy to post.

Master A sat down with the iPad, waiting for me to key in the big toy stores. His face was a picture when I switched off the tablet and handed him the pile of catalogues, saying: "Father Christmas dropped these off for you."

For an hour-and-a-half my normally fidget of a son sat engrossed in the

wonders of Father Christmas' Special Toy Manuals. His eyes twinkled, there were squeaks of joy and lots of: "Oooh, oooh, oooh, Mummy, look at this!"

He was allowed to write down 10 items.

For a further hour, he sat patiently copying out the name of the toy and its description. He only chose five, partly because he knew Santa's Spies were on the lookout, and secondly, his fingers began to ache through all the writing. *Working Mum, feeling just a bit pleased with her ingenious plan.*

POLITICAL VIEWPOINT

By Jim Fitzpatrick

Spreading the message of fairness for all

Recently there have been two important debates in Parliament. The first was on freezing energy prices and the second was on abolishing the bedroom tax.

Both were called by the Opposition and both reflected the central message of fairness Labour has chosen for the next election.

This is a message which has been taken directly from the public.

Over the last few years a majority of people have seen a change in their life. This is anything from household bills, job insecurity or the rising cost of getting the Tube.

What we haven't seen is a change in the Government's or



It's why many find Russell Brand a breath of fresh air

business' approach to reflect the challenges.

It's why many found Russell Brand's *Newsnight* interview a breath of fresh air and it's why people like the sound of Labour's energy bill freeze.

During the two debates fairness was mentioned over and over again. From rising household bills at a time of big profits to pensioners wanting to move to a smaller council flat but having nowhere to go it's clear some are having an easy time while others are not.

We cannot carry on like this, I'm going to try to do my bit for change and fairness in the constituency in the coming months and I won't be alone.

I'd like to say a big thank you to constituents and Wharfers who bought poppies from volunteers across the Canary Wharf estate last week. Everybody was very generous.



MP for Poplar and Limehouse

Wharfinger The long view



1996 *EastEnders* actress Patsy Palmer plants daffodil bulbs in the Marie Curie Cancer Care Field of Hope, in Bethnal Green, the first in London.

1923 The Training Ship Warspite formerly HMS Hermione (1893) seen here moored at Greenhithe. Sea Cadets are seen in the foreground rowing the ship's boats. In 1910 HMS Hermione began preparations for use as a tender for the Royal Navy's first airship, but when this project was abandoned, she rejoined the Home Fleet in 1912. In the First World War she became a guard ship at Southampton. She was scrapped in 1940.



High Five Wireless speakers



Pulse £179.99 Also delivers a superb LED light display that pulses to your music.



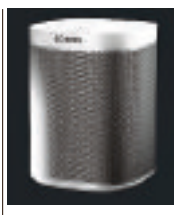
Pure Jongo T6, £299.99 Powerful 100-watt system that goes right up to 11.



Damson Jet, £149.99 Single unit with two separate speakers for blended sound.



Ultimate Ears Boom, £169.99 Download the app to pair these speakers together.



Sonos Play 1 £169.99 The latest building block hoping to be part of your system.

SPIRAL NOTEBOOK

By Giles Broadbent

Playing to the basest of our visceral wishes

If you remove the long legs from a crane fly, it cannot land. If you remove the wings, it will stumble for it has lost its sense of balance and, probably, its generally benign outlook.

If you train the rays of the sun through a lens onto an ant, it will scrunch and ball like wrapping paper. If you put a wasp in a jam jar and then shake the jar as if you are making a wasp cocktail, the insect will nurse a headache and a grudge.

These things I know for I carried out these experiments (when I was about nine). In my defence I pursued these explorations in the free spirit of discovery.

This is also the veil-thin excuse a (grown-up) US firm has



If you train the rays of the sun through a lens, an ant will scrunch

assembled in defence of its "back pack" for cockroaches which means they can be controlled from an app. This inflection is the happy confluence of indulgent technology and merciless conquest that lights a boy's eyes.

The boys will drive their cockroaches to the edge of the abyss and beyond to see what happens.

And then, one day, maybe a grey November Sunday, these same boys will come to understand loss and suffering. They will see cruelty needs no instigator or catalyst. Indeed, it needs determined action to halt the flow.

They will release their ant farms and re-attach a cocoon to a twig. They will flee a wasp and host a worm and stop their tadpole tampering.

They will grow up. They will have learnt that just because we can, doesn't mean we should.



Follow Giles Broadbent on Twitter @MediaGulch

Fashion



Pink mini dress, £70, Tinned Bananas, Boxpark, tinnedbananas.com

To chime with our Old Spitalfields competition, **Kay Lockett** finds out some pieces worth lusting over



Put up or shut up top, £55
Traffic People
Old Spitalfields Market
trafficpeople.co.uk



Brothers shoes, £120
Camper
Old Spitalfields Market
camper.com



Wool school cable sweater, £179
Albam Clothing
Old Spitalfields Market
albamclothing.com



Re:plattan phones, £79.90
Urbanears
Boxpark
urbanears.com



Gloves, £89
Albam Clothing
Old Spitalfields Market
albamclothing.com

Agarva polka flock skirt, £39.50
Collectif Clothing
Old Spitalfields Market
collectif.co.uk



WIN £250 in vouchers for Old Spitalfields



The vouchers are valid at a wide range of outlets

★ Old Spitalfields Market, located at the heart of east London, will be bringing a whole host of exciting activities and spreading the festive joy over the Christmas season.

With so many stalls offering something different every day, the market provides all you need for your Christmas shopping.

From the wonderful Baby Village for all the little ones, to the Anon-Thirst stall for the teen who likes their Pac-man T-shirts.

Jewellery, pottery and vintage markets are perfect for finding those special one-off items and to top it all off the market is surrounded with brands such as Albam, Oliver Bonas, Jigsaw and even 20 restaurants for the perfect East End shopping and dining experience.

To be in with chance of winning this great Xmas shopping prize, just answer this simple question – where is Old Spitalfields Market located?

- East London
- West London
- North London

To enter go to wharf.co.uk and click the competitions link. You will need this code OSM 001.

You must be prepared to submit your name, address and contact details. By entering the competition you agree to receive *The Wharf* newspaper's E-Edition via weekly email. If you do not wish to receive this, please indicate this alongside your entry.



Old Spitalfields Market isn't all about clothes shopping

GREENWICH

Show celebrates town's look

★ Greenwich is showcasing its latest seasonal styles in a fashion show today, Thursday.

Shops including Joy, Emma Nissim, Arc Angel and Traffic People – all based in the town – will be revealing their latest looks as part of Get The Greenwich Look, hosted by Greenwich Hospital.

Tickets cost £7.50 and include a glass of fizz or Meantime Beer. The event, which runs from 7pm to 9pm, will raise funds for the local branch of the Royal London Society for Blind People.

Buy tickets from Joy in Nelson Road or online at rlsb.org.uk/greenwich-fashion.

"Highly recommended!!!"
I was very happy with service and result.
The atmosphere is very friendly. Service is excellent.
I had a Shellac manicure and it is beautiful.
One of the best I ever had."



OPENING TIMES
Monday to Friday - 10am - 7am
Saturday - 9am - 6pm
Sunday - Closed



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GETTING HERE
DLR: one minute's walk from Crossharbour DLR station, seven minutes door-to-door from Canary Wharf.
Buses: Served by 135, D3, D6, D7, D8
Parking: On-street parking opposite the salon.

Health

Bend the rules and work among chairs and tables

HOW DID IT GO?

We meet for a one-to-one hour-long yoga session in a slightly chilly meeting room in my office at One Canada Square.

Although the desks are firmly bolted into the ground, we shuffle around the chairs to create a workable space on which to set down our yoga mats, plug in the soundtrack and begin practice – with stunning views of Canada Square Park and London beyond.

WHO IS IT FOR?

The fees are determined by the length of the session so, should the space be big enough, groups can join forces for their fitness escape.

With a team of 28 instructors specialising in a variety of offshoots of the discipline, it's great for both beginners and more experienced yoga fans as well as anyone suffering from an injury, as specific exercises can be provided.

Most of all it's suitable for time-pressed office-based workers craving exercise, but who need to stay close to their base.

WHAT ARE THE BENEFITS?

Katie says yoga isn't results driven but deals with the linking of the body and mind.

When that happens, she promises significant improvements in energy levels and how participants feel physically.

WE SAY

“Closing my eyes, blocking out the BlackBerry and escaping from the mountain of Monday morning emails was invaluable. Although I'm a beginner to yoga – aside from a brief stint in the sweaty climes of Bikram on South Quay – Katie explained the postures in a way that was easy to understand and comfortable to practise.

After a hard run the day before, my leg muscles reaped the rewards of some extra stretches including the downward dog and warrior poses.

DETAILS

A first class single session, lasting one hour, costs £75 irrespective of the number attending. Bookings can be made via yoga-team.co.uk.



Katie Mutton, left, puts Beth Allcock through her paces in *The Wharf's* office



Office yoga specialist tells **Beth Allcock** why striking poses with colleagues has benefits

For Wharfers who struggle to squeeze a gym trip into their daily schedule, Yoga Team is on hand to bring studio sessions direct to the office blocks of E14.

Founder Katie Mutton swapped her studio and gym teaching five years ago to set up the company, which offers one-to-one and group classes to corporates.

She said yoga had plentiful variations and worked on a physical, mental and spiritual level.

“More regularly now, people are working longer and longer hours and there comes a point for a lot of people with their health, where something has to give,” said the 33-year-old Londoner.

“A lot of people recognise yoga as a long term investment for themselves, which for us is amazing.

“It's just taking care of yourself and a lot of that is to do with stress management.

“When you're carrying stress, the body is being resistant to that. Relaxing should be the most simple thing but for a lot of people it's difficult.

“That's because the mind is so strong. Yoga can rebalance that mind and body connection. It's nice to come and start your practice as a way of understanding your own body and your own energy.”

A Vinyasa yoga specialist, Katie said her team of 28 instructors offered classes covering the full spectrum of abilities and job titles.

Following an initial consultation, they opt for a specific form of yoga – such as Dynamic or Hatha yoga – or combine a variety of techniques.

While time-pressed Wharfers



Katie demonstrates a position

can choose a complete escape from colleagues with a one-to-one session, group sessions can also be arranged.

“It's a nice way of team-building,” said Katie. “Yoga is very grounding and levelling.

“Sometimes I take classes in law firms and you can see its structure, there are clearly steps up and it's a clear way of interacting with everyone.

“When it comes to the session, it's finding time to relax together. And this is something that's convenient and it just makes it easier to allow yourself on that route.

“It's really a practical thing. If you don't know what time you're going to finish work, it's hard to think ‘I am going to a studio class at 6.30pm.’”

Classes run seven days a week, from 6am to 9.30pm.

Go to yoga-team.co.uk.

FITNESS FIRST

Classes, discounts & more

REEBOK SPORTS CLUB

Get ahead of the treadmill's curve

★ If you're becoming bored with your treadmill sessions, try out a new version of the fitness equipment at Reebok Sports Club.

Members can now set foot on the Woodway Curve Treadmill – a green energy device that uses human power, instead of a motor, to drive up the speed of the running belt.

As the gym-goer propels themselves up the curved running surface, the pace of the workout increases and, when the session is complete, drifting back towards the device's rear curve will slow down the intensity.

Go to reebokclub.co.uk.

BIKRAM YOGA LONDON

Bring a friend for a free yoga class

★ The Bikram Yoga buzz is set to spread this month with a special offer from a South Quay studio.

Members of Bikram Yoga London, in Admirals Way, will be able to bring a friend for free as an introduction to the hot fitness class.

The one free class is subject to availability and guests must arrive 45 minutes before the session to register.

Go to bikramyogalondon.com or call 020 7537 2002 for details.

GREENWICH PILATES

Try a stateside barefoot session

★ A barefoot fitness session with its roots in New York City will soon arrive in Greenwich.

A fusion of postures and drills to strengthen feet, willPower & Grace also corrects imbalances in the ankles, knees and hips.

The 45-minute session at Greenwich Pilates Studio on Sunday begins at 1pm.

Go to greenwichpilates.co.uk.

REEBOK SPORTS CLUB

Bop like Baby to shed the pounds

★ Dirty dancing will take centre stage in E14 on Friday night.

Reebok Sports Club is adding a fun workout class based on the musical version of the iconic film, *Dirty Dancing*, to its offering.

Available to members and non-members, it will be led by experienced choreographer and dancer Clinton Goldsmith and starts at 6.40pm.

For more details go to reeboksportsclublondon.com.

Travel



The Museum of Arts and Sciences is at the cutting edge of modern Valencia and sits in an artificial blue lagoon

Expect the unexpected on a trip to off-beat Valencia

VALENCIA

Spain isn't all about Brits abroad and straw donkeys, writes **Rob Virtue**

It's a ferry ride away from Ibiza and less than 100km up from the Costa Del Sol, but, for better or worse, Valencia is missing something – the Brits.

Not that it's ignoring them on purpose – it's a tourist town, after all, keen to show off its rich culture.

But rather than stuffed donkeys in straw hats, Linekers bars, British mini-marts and fish and chips, you're more likely to find paella, understated and relaxed city bars, and beguiling architecture, both ancient and modern.

It's a perfect getaway destination with a great deal to do.

From the stunning Torres de Serranos to the city's cathedral and the Almoina Square, that was home to the Romans, Valencia has history at every corner you turn in its busy streets.

Walking along the landscaped valley through the centre is the best way to get in touch with the city's true vibe.

The route links past and present amid manicured lawns, zen gardens, ponds and tree-lined banks deep beneath the busy streets.

But if you'd taken the stroll six decades ago, you'd have been underwater. The Turia River Bed Gardens were once – as the name suggests – the site of Valencia's river. But a flood in 1957 led to the decision to divert it to a man-made channel.

Years later, the powers-that-be decided to turn the Turia into "gardens of culture" and they have become the main artery of the city. Then, to the east, there's an area that our own Olympic Park might aspire to emulate.



A cyclist rides past the Palau de les Arts (Palace Of The Arts) in Valencia



The former riverbed has been transformed into a park at the city's heart

There has been a vast investment in this area over recent decades and it's resulted in a range of beautiful structures, all focused around water.

The centrepiece, sitting in a clear

lagoon, is the Museum of Arts and Sciences and the area is worth visiting just to revel in its design.

The city centre feels very central European. Someone mentioned that

FACTFILE

■ **Stay:** The four-star **Barcelo Valencia Hotel** is based at the heart of the City of Arts and Sciences district. The hotel has a wellness centre, including a gym and health and beauty centre with treatment rooms.

It also has a range of dining areas, as well as a bar with a 10th floor terrace and a free wifi service. There are also meeting and conference rooms with a capacity of 350 people. Go to barcelo.com.

■ **Fly:** Go via easyJet from Gatwick or Stansted. Peak period flights start at £39.99 including taxes. Go to easyjet.com.

■ **Dates:** The summer is perfect but you can also head there in March for the amazing Fire Festival – Las Fallas. Go to lasfallas.net.

Valencia is Rome but without the rubbish and it's hard to disagree.

Like most Spanish cities, its people are fiercely proud of their home and the best way to get a taste of its deep and fractious history is to go on an excursion with Liber Tours.

Further afield is an incredible port and a stunning beach, with a promenade lined with tasty paella restaurants and tapas bars. And it's relatively untouched by the British hordes.

There have been glimpses of the city provided by recent televised Grands Prix and Americas Cup sailing events.

The British tourist mindset has become black and white: if you want sun and party go to the Costa Del Sol and if you want Spanish or Catalan culture head to Madrid or Barcelona.

But to follow the cliché is to miss out on something original.



One of the villas' interiors

Experience Patagonia in the lap of luxury

SOUTH AMERICA

EXPLORE the spectacularly wild and remote Torres del Paine National Park before retreating to a luxury Chilean lodge launched this month.

This 12-villa private complex at Awasi Patagonia, set within what is one of the country's finest private reserves, is tucked away behind the thick forest of Lenga and Nire trees.

With architecture mirroring its natural surroundings, each villa has been inspired by old Patagonian shelters and ranching outposts, with a wood burning stove adorning the living room, a hot tub, and plentiful opportunity to admire the panoramic views of the park's surroundings.

Guests at Awasi Patagonia, a property in the Scott Dunn portfolio, will also be able to opt for a range of private excursion as well as access to a 4x4, allowing them to tailor their itinerary.

While some may prefer to investigate the area's protected fauna and native herds, others may relish hiking across a variety of mountain trails or saddling up for a horse ride.

Evenings can be spent relaxing in the lodge's restaurant, which seasonal, flavoursome dishes.

■ Scott Dunn is offering an Awasi experience from £5,855 per person based on four nights at Awasi Patagonia as well as two nights at sisters offerings Santiago at Le Reye and a further four nights at Awasi Atacama on a full board basis.

Price includes return international and domestic flights, private transfers throughout and private excursions and applies until May 2014.

Beth Allcock
Go to scottdunn.com.



Look out over stunning scenery

WLTm

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The Wharf's own dating service

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
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
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Women seeking men

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Guys Text n' Chat. Text in now and chat to local people.
Send : CHAT1 To : 80098 (T&C's below)

SOPHIE attractive hard working female, who enjoys dancing and good company, WLTm loving male to enjoy nights out and genuine laughter. **Tel No: 0906 500 3729 Box No: 408625**

VOLUPTUOUS young at heart 60, 5ft 6ins, dark auburn hair, hazel eyes, N/S, likes music, travel, meals out, GSOH, seeks tall, genuine, caring, young at heart male, 58-64 for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 407845**

IS there a gentleman out there? 53, blonde hair, blue eyes, 4ft 11ins, likes nights in/out, seeking gent, 50-60 top treat lady how she should be. **Tel No: 0906 500 3729 Box No: 408825**

LUCY truly wonderful brunette who really loves life, seeking sincere male for true friendship with a little romance thrown in for good measure. **Tel No: 0906 500 3729 Box No: 407457**

63YR old lady, seeks similar gent, 65-70 who is honest, reliable and loves holidays. **Tel No: 0906 500 3729 Box No: 386319**

LIZ 24 attractive blonde, green eyes, size 14, likes golf, pubs, comedy, holidays, WLTm professional well built male for romance, time and more. **Tel No: 0906 500 3729 Box No: 408303**

HI I am Sally a single 28yr old female, pretty, size 8-10 with a GSOH and fun to be with looking for similar lonely male for mutual companionship, dates and more. **Tel No: 0906 500 3729 Box No: 407951**

VICKY attractive slim 32yr old nurse, new to the market with no hang ups, enjoys nights in/out, dancing, music, looking for caring man for romance and more. **Tel No: 0906 500 3729 Box No: 407035**

BORED fed up and lonely too? Lorraine pretty petite solvent blonde, active, professional, likes nice food/wine, holidays, seeking similar male to spend quality time together. **Tel No: 0906 500 3729 Box No: 407007**

KATIE slim racey female, likes cars, horses, dogs looking for tall experienced male who knows how to make me happy and please me. Daytime meets preferable. **Tel No: 0906 500 3729 Box No: 407045**

KEELY blonde 18yr old, blue eyes size 10, busy, stays at home too much and looking for casual fun with older male with OHAC. **Tel No: 0906 500 3729 Box No: 385377**

CLAIRE looking for adventurous male to live life to the max and enjoy adult fun times with. Go on give me a call. Any age. **Tel No: 0906 500 3729 Box No: 402993**

ROSA, 27yrs, seductive foreign beauty. Seeks no strings discreet fun, any area. Call to hear my desires. **ACA. Tel No: 0905 002 1959 Box 408093**

64YR old West Indian lady, semi-retired, likes meals out, nights in, holidays, seeks West Indian gent, 58-64 for genuine relationship. **Tel No: 0906 500 3729 Box No: 408573**

MARG elegant attractive affectionate lady who enjoys many varied interests WLTm genuine male 50-60yrs for mutual indulgences. **Tel No: 0906 500 3729 Box No: 408511**

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. **Tel No: 0905 002 1952 Box No: 386019**

ALEX 35, very attractive, slim, blonde, caring sensitive single mum, likes meals in/out, nice pubs, WLTm similar male/dad to love and care for. **Tel No: 0906 500 3729 Box No: 408503**

25YR old very lonely unloved Asian female seeking true love, must be very discreet, enjoy good nights out and able to accommodate cosy nights in. **Tel No: 0906 500 3729 Box No: 408249**

SUSIE, seeks fifty shades of grey with guy any age but must be discreet, call and I will explain why. **Tel No: 0905 002 1953 Box No: 407321**

CHRIS 39yr old attractive well built sporty lady looking for tall, happy, well built male to enjoy adult companionship, hopefully leading to more. **Tel No: 0906 500 3729 Box No: 407935**

PICK AN ADVERT AND MAKE A DATE TODAY!

TRISH shy divorced attractive female, slim, petite, genuine, caring, enjoys holidays, countryside etc, seeking similar nice male to hopefully fall in love with. **Tel No: 0906 500 3729 Box No: 406697**

PAULINE pretty professional blonde, great curves, life and soul of any party, seeks tall, well built male with passion for life to get together with. Looks/unimportant. **Tel No: 0906 500 3729 Box No: 339087**

DIANE average sort of lady seeking an average sort of man who will love me for who I am, appreciate my life, consider my interests and want to get to know me. **ACA. Tel No: 0906 500 3729 Box No: 402265**

JAYNE 44 bored, underappreciated pretty blue eyed intelligent lady seeking fun and interesting professional in similar situation to me for discreet fun times. **Tel No: 0906 500 3729 Box No: 403011**

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*TEXT: 80098 Cost £1.50/msg received, for full t&cs see below

JULIE big blue eyed blonde size 12 glamorous granny, 40's, likes a good find with a nice wine, walking, meals out, seaside, seeking young at heart male 40-55yrs **Tel No: 0906 500 3729 Box No: 393475**

JACKIE young looking slim attractive sexy 34yr old lonely girl looking for Mr Right who wants to get to know me and wants a good time doing it. **Tel No: 0906 500 3729 Box No: 407205**

LOVELY tall slim nurse, very caring and fun but missing that va-va-voom! Seeks adventurous male who's up for fun times. **Tel No: 0906 500 3729 Box No: 374159**

FULL time vacancy arisen for open minded male seeking uncomplicated relationship with slim professional 39yr old female with wicked sense of humour. **Tel No: 0906 500 3729 Box No: 374157**

Found Love?

Our editors would love to hear your success story, email or post it to us (a photo would be nice too!) and we will send you a gift voucher to say thanks!

email:
support@jmediauk.co.uk
mail to: **JMedia UK Ltd, SW4 7BX**

I am Eve 31yrs, slim with dark hair and blue eyes looking for a fun loving, genuine male for possible relationship. Single dad welcome. **Tel No: 0906 500 3729 Box No: 407601**

CLARE easygoing 34yr old professional, OHAC, financially independent, enjoys holidays, nights in/out, WLTm male for time of liaisons without ties. **Tel No: 0906 500 3729 Box No: 406831**

CAROLE 53, seeking white male in London/SE, 45-55. **Tel No: 0906 500 3729 Box No: 407797**

PAT widow, seeking male for friendship, likes cinema, theatre, socialising with a GSOH. **Tel No: 0906 500 3729 Box No: 406565**

SANDRA 60's, widow, nice personality, GSOH, likes most things, seeks male, 60-70 for friendship and more. **Tel No: 0906 500 3729 Box No: 407841**

PRETTY kind, caring lady, Barnet, 45, 5ft 3ins, seeks educated, sincere, kind hearted white guy 43-52 for friendship and more. **Tel No: 0906 500 3729 Box No: 407517**

GENUINE professional black female, 40yrs, 5ft 7ins, size 12, seeks educated, professional, affectionate well spoken white male 35-50yrs. **Tel No: 0906 500 3729 Box No: 389699**

KATIE slim racey female, likes cars, horses, dogs looking for tall experienced male who knows how to make me happy and please me. Daytime meets preferable. **Tel No: 0906 500 3729 Box No: 407045**

DIVORCED female, 66, blue eyes, 5ft 4ins, medium build, blonde hair, seeks male, 66-75 for friendship/companionship, maybe more. **Tel No: 0906 500 3729 Box No: 406059**

QUIET honest, loving 51yr old female, medium build black Caribbean, seeks male, 49-60, honest, loving for companionship, maybe LTR. **Tel No: 0906 500 3729 Box No: 404931**

GINA attractive, slim, likes music, GSOH, seeks nice gent, under 60 for LTR. **Tel No: 0906 500 3729 Box No: 233636**

ROSS very broadminded smoker looking for lots of fun and laughs with similar genuine, loving, kind male. Single dad welcome, age/looks unimportant. **Tel No: 0906 500 3729 Box No: 407929**

LISA tall slim blonde divorced mum of one, 39yrs OHAC, employed, wicked SOH, WLTm male who like me loves life, for good nights in/out and quality times. **Tel No: 0906 500 3729 Box No: 402259**

JULIE attractive slim petite female with nice smile and pretty blue/green eyes, many interests, WLTm nice sincere gent with GSOH to enjoy life with. **Tel No: 0906 500 3729 Box No: 406703**

MARIA 30 dark hair/eyed size 12, attractive, outgoing, easily pleased, likes nights in/out, seeking romantic loving guy with GSOH. **Tel No: 0906 500 3729 Box No: 407301**

DENISE attractive single mum, OHAC, likes animals, socialising, cinema, meals in/out, WLTm genuine romantic for possible relationship. Single dad welcome. **Tel No: 0906 500 3729 Box No: 407447**

Men seeking women

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

Ladies Text n' Chat. Text in now and chat to local people.
Send : CHAT1 To : 80098 (T&C's below)

FRIENDLY travel buddy/soul mate wanted by tall, handsome professional male with easygoing, down to earth and caring personality. **Tel No: 0906 500 3729 Box No: 389681**

PAUL young 45, tall, good looking white guy, seeking tall attractive black female, any age for fun times leading to more. **Tel No: 0906 500 3729 Box No: 405127**

MICHAEL 51, looking for fun, friendship with older lady 60 plus. **Tel No: 0906 500 3729 Box No: 408419**

GOOD looking, fit, happy male, seeks genuine romantic female for LTR. **Tel No: 0906 500 3729 Box No: 388238**

WHITE single male, 40, 5ft 7ins, black hair, green eyes, N/S, non drinker, looking for independent N/S black female, 20-40. **Tel No: 0906 500 3729 Box No: 404795**

SAMMY passionate, smart, intelligent, discreet man, seeks lovely lady for fun and friendship. **Tel No: 0906 500 3729 Box No: 406865**

MALE seeking female for adult fun times. **Tel No: 0906 500 3729 Box No: 407691**

FUN loving male, 45, fit, genuine, GSOH, seeks special female for fun times, maybe more. **Tel No: 0906 500 3729 Box No: 279880**

CHRIS 50, medium build, brown hair/eyes, glasses, many interests, seeks petite-medium build, N/S lady, 50 plus. **Tel No: 0906 500 3729 Box No: 390718**

TERRY divorced 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. **Tel No: 0906 500 3729 Box No: 408943**

STEVE 59, honest, genuine, warm hearted, seeks similar slim, lonely lady for loving relationship. **Tel No: 0906 500 3729 Box No: 408805**

WHITE guy 6ft 4ins, brown hair/eyes, seeks female for friendship, possible relationship. Personality more important than looks. **Tel No: 0906 500 3729 Box No: 408717**

BRIAN 50, 5ft 9ins, medium build, attractive, GSOH, easy going, likes cinema, Sussex coast, live music, seeks attractive white female, 40-50 for LTR. **Tel No: 0906 500 3729 Box No: 408687**

TALL handsome, professional male, seeks down to earth, attractive, smart, sophisticated, simple lady for caring relationship. **Tel No: 0906 500 3729 Box No: 407169**

JOEY 48, black, seeking full figured female, honest, fun loving, supportive, likes travel, meals out. **Tel No: 0906 500 3729 Box No: 407083**

JOHN fit, loving 51, loves life, honest, sincere, seeks slim-medium build lady for loving times. **Tel No: 0906 500 3729 Box No: 405969**

MALE 60 looking for mature fun bubbly female 70yrs plus for fun adult relationship. **Tel No: 0906 500 3729 Box No: 404039**

THOUGHTFUL polite black male, 50, active, 5ft 10ins, outgoing, fun, seeks honest lady of any race for love. **Tel No: 0906 500 3729 Box No: 407423**

MEDITERRANEAN male, 39, 6ft, slim, brown hair/eyes, likes nights in/out, walks, seeks female, 39-55, looks/size unimportant. **Tel No: 0906 500 3729 Box No: 338413**

IS there anyone out there who is nothing like a dame. Chris 51, N/S, is still seeking his dream girl, discreet older lady, 55 plus, call now. SW London/Surrey. **Tel No: 0906 500 3729 Box No: 407993**

DAVID 46, Jamaican heritage, likes keep fit, pubs, cinema, seeks female. **Tel No: 0906 500 3729 Box No: 408331**

KIND trustworthy black male, 50, 5ft 10ins, outgoing, healthy, funny, seeks happy lady, wanting true love and more. **Tel No: 0906 500 3729 Box No: 408037**

BILL 5ft 8ins, medium build, Aquarius, likes reading, TV, nights out, seeks buxom female for fun, friendship and relationship, 35-55. **Tel No: 0906 500 3729 Box No: 407061**

PAUL 6ft 2ins, N/S, likes nights in/out, socialising, seeks female. **Tel No: 0906 500 3729 Box No: 407675**



BLACK male, 50, young at heart, bubbly, seeks buxom, pear shaped, voluptuous, white female, 25-55 for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 407397**

GEORGE 6ft, genuine, honest, N/S, looking for sincere female. **Tel No: 0906 500 3729 Box No: 406991**

JOHN seeking female for fun and friendship. **Tel No: 0906 500 3729 Box No: 391208**

SLIM male, 5ft 9ins, 60, bald, attractive, down to earth, seeks female. **Tel No: 0906 500 3729 Box No: 407137**

RELIABLE active, loyal, kind, N/S Essex male, 68, varied interests, seeks warm, positive, personable lady for friendship and who knows? **Tel No: 0906 500 3729 Box No: 407907**

GENT 60's, white, smart, GSOH, own flat, WLTm female, any age/nationality for adult fun and friendship. **Tel No: 0906 500 3729 Box No: 407643**

DAVID 46, Jamaican parentage, British born, fit, healthy, likes evenings out, seeking female. **Tel No: 0906 500 3729 Box No: 407635**

Men seeking men

KEVIN 34, 6ft 2ins, blond hair, medium build, toned, young boyish good looks likes nights out, sports, holidays, seeks similar male, any age for adventurous fun times. **Tel No: 0906 500 3729 Box No: 355984**

MALE 51, looking for male, 60 plus for fun and friendship. **Tel No: 0906 500 3729 Box No: 408259**

JEFF 60, slim, seeking discreet fun with gay/bi male. Can accom. **Tel No: 0906 500 3729 Box No: 408323**

LondonEYE



REUTERS



The Duke of Cambridge at the Cenotaph



A soldier places a cross in the Field of Remembrance at Westminster Abbey ahead of a visit by Princes Philip and Harry in London on Thursday. The field commemorates Britain's war dead with crosses and poppies.



A Scottish piper and Canadian soldier shake hands after a service near the Canada Memorial in Green Park.



RAF veteran Brian Burgess walks across Horse Guards Parade after the annual Remembrance Sunday ceremony.



The Queen, above, and the Duchess of Cambridge, left



The Duke and Duchess of Cambridge ride with TV personality Barbara Windsor, right, on a '60s Routemaster bus during a Royal British Legion Poppy Day event in London on Thursday.



An elderly man reads an inscription on a cross dedicated to his brother in the Field of Remembrance at Westminster Abbey.

REMEMBRANCE DAY SPECIAL

Business^{extra}

Your Money

NEWS IN BRIEF

Business digest

Kusiri off to US to show platform

FINTECH The team behind the forensic search platform Kusiri won the 3D FinTech Challenge 2013, a programme focused on innovating client data visualisation.

The six-week challenge hosted at Canary Wharf's Level39 saw Kusiri, based near Aldgate, beat five other finalists to the £15,000 first prize.

The team also wins the chance to showcase its product at a global forum in Las Vegas.

CEO of Kusiri, Tim Clark, said, "We're delighted to have won the challenge."

"It has allowed us to evolve our product and to focus our business proposition. There's been tremendous collaboration between the six teams, which has built relationships and created opportunities that we wouldn't otherwise have had. Viva Las Vegas."

Startups can get free legal advice

TECH A new free legal advice service has been launched for east London digital companies by Queen Mary University.

qLegal provides advice to tech start-ups and entrepreneurs at the Queen Mary Legal Advice Centre.

QM's Ian Walden said: "It's essential companies in this particular sector protect their intellectual property at a very early stage in their business career."

qLegal is part of iLinc, a European Network of legal incubators at leading law schools. Go to qmul.ac.uk/qlegal.

Delegates gather to discuss data

TECH The flagship event for the data centre community heads to Excel ICC next week with speakers including Dean Nelson of eBay, Thomas Furlong of Facebook and Gerry Pennell, the CIO of last year's Olympics.

DatacenterDynamics Converged London will see 2,000 delegates, 90 exhibitors and 100 speakers on Wednesday and Thursday. Go to datacenterdynamics.com.

£150,000 boost for apprentices

TRAINING Youngsters in east London will benefit from a boost in apprenticeship places thanks to a partnership between a Wharf-based bank and a housing association.

East Thames Group has secured £150,000 in funding from Barclays to deliver a training programme for 200.

Designers reach for their green pencils

REGENERATION

Sustainable living will be key in the next generation of dock development

Giles.Broadbent
@wharf.co.uk

Professional designers have been dispatched to their drawing boards to devise a new landscape for the Royal Docks.

The Landscape Institute and Ecobuild is looking for innovative proposals that will transform the brownfield landscape into a "multi-functional, liveable space" with strong green credentials.

The Royal Docks Ideas Competition has the backing of the Mayor of London Boris Johnson and Newham mayor Sir Robin Wales.

The judging panel want entrants to incorporate green infrastructure and water sensitive design ideas into their proposals that will turn the Docklands area into a "world class location".

Although surrounded by residential developments and featuring large structures such as the University of East London, Excel and, most notably, London City Airport, there is still plenty of scope with large swathes of water untouched.

Mr Johnson is seeking a development partner to deliver a floating village at the western end of Royal Victoria Dock where the Crystal and the Emirates Air Line are the first signals of change.

Mr Johnson said: "London's Royal Docks, historically the throbbing



The Royal Docks are the setting for some major investment opportunities

What's the mayor's view of the docks?

"London's Royal Docks, historically the throbbing arteries of UK trade, present a huge opportunity."

Boris Johnson

arteries of UK trade and commerce, present a huge opportunity, which I'm determined to capitalise on.

"My vision is to develop a world class innovation and business district, creating local jobs, homes and economic growth. On the docks we're already taking great strides to achieve this. On the water, with some imagination and creativity, the possibilities are endless."

Sue Illman, president of the Landscape Institute, said: "We hope

this competition will help us to ask questions and promote debate about how we should plan and manage more 'liveable' cities and urban centres.

"We want the competition to demonstrate how a landscape-led approach to design can transform the public realm – making cities more prosperous and resilient."

Sir Robin Wales said: "London is moving eastwards and the Royal Docks offer an investment opportunity in scale unmatched anywhere in Europe. This exciting competition is a pivotal part of their reanimation."

The deadline for submissions is January 6. The winners will be announced at Ecobuild on the March 5. The winner will receive £2,000, second prize is £1,000. The top 20 designs will be exhibited at Ecobuild, which takes place between March 4 and 6 at the Excel centre.

Go to landscapeinstitute.org.

An Olympic sporting legacy with a difference

MEDIA

Giles.Broadbent
@wharf.co.uk

THE Queen Elizabeth Olympic Park was the epicentre of a sporting shockwave when it became home to televised European football in the UK last week.

BT Sport's studios in iCity, the former Press and Broadcast Centre, will become the hub of both Champions League and Europa Cup football from 2015, a deal that cost BT close to £900million.

The audacious venture saw the shares of its rival BSkyB take a hammering with £1billion market value loss, after it was outbid for a key plank of its offering. ITV, which shared the rights, also saw recent upward activity halted.

BT chief executive Gavin Patterson said: "I am thrilled that BT Sport will be the only place where fans can enjoy all the live action from the Champions League and Europa League."

But the price tag for BT has been widely seen as exorbitant and its own share price took a hit in early trading.

BT has already spent £738million over three years for the rights to show 38 live Premier League matches for the 2012-13 season, while Sky paid £2.3billion for 116 matches a season.



BT Sport is based in Stratford

Smooth start to account switching guarantees

YOUR MONEY

The first snapshot of current account switching activity – the scheme designed to ramp up competition between providers by making it easier for customers to switch accounts – has just been unveiled, and it appears there is early success.

The new guarantee means switching a current account should take just seven working days, rather than up to 30 under the old system.

The Payments Council, which is overseeing the process, has confirmed that 89,000 people successfully changed over their accounts in the first four weeks since the Current Account Switch Service was introduced.



Outgoing and incoming payments will now be moved over to your new account, and any payments accidentally made to your old account will be automatically redirected to your new one for 13 months.

Your new provider is responsible for managing the new switching process and you will be refunded if anything goes wrong.

No specific target has been set

for the number of people switching accounts for the scheme to be termed a success. The general aim is to raise customer awareness and build confidence in the switching process.

One of the side-effects expected from the scheme could be that your existing bank or building societies make a bigger effort to make sure you are a happy customer, so that you don't feel the need to switch.

Adrian Kamellard, CEO of the Payments Council, said: "We never expected that every customer tempted to switch would rush out to do so at launch, but this is an encouraging start."

So, if you are changing current account providers, what should happen and how can you help the process go smoothly? Firstly, to help

avoid any delays, make sure you get your paperwork in order and that the personal details your existing provider holds are up-to-date.

Taking your debit card with you will also help to start the process as your new provider can run checks.

The delivery of your new card and pin number is not part of the switch guarantee. But the Payments Council says providers have made a "key commitment" to make sure customers receive them by the date they want to switch.

If anything does go wrong, you're entitled to a refund of any interest that has been lost, as well as any charges that have been made to either the old or the new current account due to the blunder.

Vicky Shaw

ROAD TEST

A car to storm the sales charts

John Connor
The Wharf

I have been trying out Mazda's latest version of the MX-5 sports car through the lanes of middle England.

And getting behind the wheel of the limited edition MX-5 Sport Graphic Coupe turned out to be a delightful experience.

This iconic two seater, reputed to have been the saviour of the genre, was everything I remembered about cars of this ilk.

It was fast, it was positive, and bends or open roads were all part and parcel of its DNA.

I am not surprised to learn that Mazda is actively encouraging MX-5 owners to show off its competitive edge on UK race tracks.

With six variants in the 2013 line-up, and with prices ranging from £18,495 to £23,695 there is plenty of choice, although they will all have differing specifications, their sporty heritage is

common. My middle-of-the-range car was different however.

It carried a price tag of £22,995 and fell into insurance group 28E, had a CO2 rating of 181g/km, and its punchy MZR 16-valve 160PS two-litre engine redlined at 136mph, while returning 36.2mpg on the combined cycle.

Most importantly it was one of the specially finished Graphite limited editions, which made it individual.

Only 500 of these models will be produced, all of them with bespoke equipment that includes 17-inch dark gunmetal alloy wheels, black leather heated seats, TomTom navigation, and some eye-catching body colours.

The entire range upgrade is sure to attract new buyers because the design team has tweaked the MX-5 by giving owners a new aggressive grille and new bumper design with a bold chin spoiler that improves aerodynamics.

There's also a new "pedestrian friendly" bonnet, as well as improved handling plus other advanced safety and security systems.



A limited edition Mazda MX-5 Graphite costs £22,995 and includes 17" gunmetal alloy wheels and black seats



There is no doubt that head-turning, value for money limited editions, like the one I drove, will lead the race for sales.

That's not only for their exclusive status, but for the bespoke features that combine to make this a dream package for fans of two seaters.

Our verdict

Graphite has touches that charm

★★★★☆

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www.motability.co.uk

Not sure if you qualify for a Motability car?
Call 0800 953 4002.

The official fuel consumption figures in mpg (l/100km) for the Mazda3 range: Urban 28.5 (9.9) – 53.3 (5.3). Extra Urban 47.1 (6.0) – 74.3 (3.8). Combined 38.2 (7.4) – 65.7 (4.3). CO₂ emissions (g/km) 171 – 115.

[illegible]

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Stars

With Claire Petulengro

AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

You don't seem to be gelling with a close one any more which is causing unrest between you both. Try talking to them directly about your problems.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Past memories are evoked by recent events taking place in your life and stir your emotions. The future is not the past though, so don't confuse the two.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

You've been rushing through life the last few weeks but it's only by slowing your pace and taking in the view that you will get to find out why.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Some would say you're remembering the past through rose coloured glasses Taurus. Don't be dragged back to something which never made sense.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Try to look at current opportunities with fresh eyes. You're a different person from the one I wrote to this time last year. Aim higher today.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Things you thought were out of your reach are actually well within your abilities to acquire. Phone calls and face to face meetings will prove this.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

You're going to have to show patience with your close ones who seem to be experiencing problems coming to terms with what you're doing with your life.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Work you do at this time will form the base for a really happy and successful future. Don't try to give out ultimatums today. They can and will haunt you.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Love and hate seem to be coming close together for your sign this week. Try to take a step back and look at the facts, not the rumours and the hearsay.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Your need to see someone who has grown on you over the last few days could see you spending money you'll regret. There is a way of doing it though.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Just because others are telling you things doesn't mean that what they are saying is the truth. Go to the source if you want to get your facts straight.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Try to make sure that you get all that needs to be done finished, and on time too. Important faces are watching who can help you shape your future.

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Face in the crowd

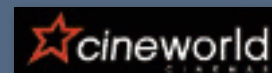


★ Each week we send our photographer out to snap a Wharfer who then wins dinner for two at Via and a pair of movie tickets for a film of their choice at Cineworld West India Quay.

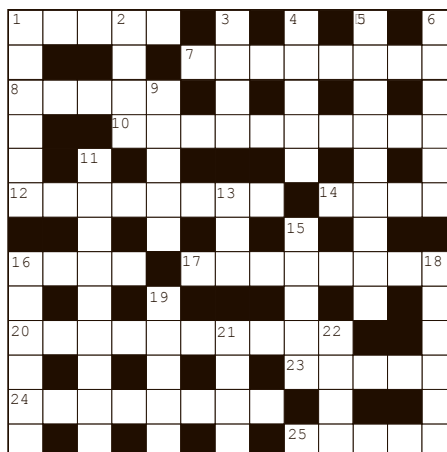
The winner and a guest will receive two burgers and two bottles of Budweiser (or a bottle

of wine) between them at the West India Quay venue.

To claim, the winner should bring a copy of the paper they're featured in to main reception at One Canada Square weekdays between 11am-4pm and ask the receptionist to contact Jon Massey or Beth Allcock at The Wharf on 020 7510 6306.



Crossword



ACROSS

1. Banquet (5)
7. Without socks or shoes (8)
8. Picture puzzle (5)
10. Specific (10)
12. Rugby term (4,4)
14. Simple (4)
16. Summon (4)
17. Steadfast (8)
20. Tool type (4,6)
23. Measuring stick (5)
24. Normal or usual (8)
25. Game between local teams (5)

DOWN

1. Refuse to allow (6)
2. Broth (4)
3. Opposite of slow (4)
4. Showjumping obstacle (5)
5. Fellow worker (9)
6. Strongly built (6)
9. Sarcastic, informally (5)
11. Heedlessly rash (9)
13. Actor's prompt (3)
15. Baffling question (5)
16. Bird type (6)
18. Forcefulness (6)
19. Express gratitude to (5)
21. Grade work (4)
22. Stratagem (4)

ACROSS: 1. Feast; 7. Barefoot; 8. Rebus; 10. Particular; 12. Drop kick; 14. Easy; 16. Call; 17. Resolve; 20. Claw hammer; 23. Ruler; 24. Ordinary; 25. Derby. DOWN: 1. Forbid; 2. Soup; 3. Fast; 4. Fence; 5. Colleague; 6. Sturdy; 9. Sanky; 11. Foolhardy; 13. Cue; 15. Poser; 16. Cuckoo; 18. Energy; 19. Thank; 21. Mark; 22. Rust.

Sudoku

EASY

5			4	9	1	3	7	8
3		1	8		6	4	5	
		4	5	7		2	6	
	4		1	6	2	5	3	
6		7	3		9		2	
1	3		7	4	5	8	9	
	6		9	1	4	7		
4		8	2	5	7	6		
			6	3	8	9		

HARD

1		5			9		8	
						4	9	
				6	3			
		4		8		3	2	7
	6							8
8	7		5		4			
			6	2				4
4						1		2
					5		7	

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

Sport

THE FANS' ROAR

By Ian Toal



Manager must work Lions players hard

The good work gaining three draws in our previous three tough matches was all undone with a 3-1 defeat at Bolton on Saturday.

It was one of the games we have seen far too often this season. Overall we weren't that bad and there were spells when we were on top.

But our defending at times was poor enough to let the opposition score far too many goals and put the match beyond us.

The international break comes at a good time. Players such as Mark Beevers, Scott McDonald and Richard Chaplow will have an extended rest time to get fit. With our defence giving up so many goals we need to see Beevers back.

Who he will replace out of the centre-backs Paul Robinson and



Hard work: Steve Lomas

out injured, there is not a lot of choice so Shane Lowry picks himself.

Goalkeeper is an even easier choice with David Forde making his 250th appearance up at the Reebok on Saturday.

He is head and shoulders above the cover so there's not much room for manoeuvre there.

In defensive midfield Jimmy Abdou ousted Sean Derry who cut short his loan period to take the Notts County job last week. Jimmy is another player that Lomas doesn't want to rely on, especially as he has a weakness in passing.

But Jimmy has been dropped many times in his Millwall career and he keeps bouncing back. Our previous manager Jackett was won round so much he called him his best signing at Millwall.

With a five man midfield we should be stronger defensively than if we were playing 4-4-2.

Lomas can only work the players hard on their defending on the training ground along with his coaching staff. I just hope that is enough as it looks like being another long hard season.

Our defending at times was poor enough to let the opposition score

Danny Shittu I just can't say.

Both have had their poor moments this season where goals conceded can be put down to them.

But equally we've seen them play well and make several last ditch challenges. That might be a tough decision for Lomas to make.

Other than that there aren't a lot of changes the manager can make.

The right-back position is up for grabs with new loan signing Justin Hoyte making his debut against Bolton.

We shall see if he is an improvement on Alan Dunne and Jack Smith. Lomas clearly doesn't rate either of them.

At left back, with Scott Malone

WEEKEND FLUTTER

WITH THE

RACING POST

RACING

■ The Venetia Williams yard has been in great form over the last few weeks and this seven-year-old can add to its recent successes with victory in the Paddy Power Gold Cup.

Katenko was considered a live contender for last year's Cheltenham Gold Cup after an emphatic win at the course in January before injury curtailed his season.

Now he's back and you'd be wise to put your cash on him to cross the line first.

Andrew Riley

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

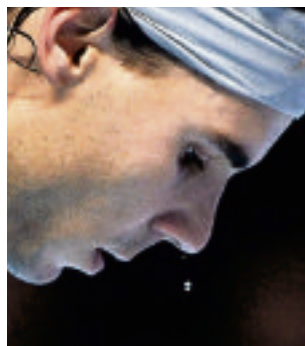
FOOTBALL

■ This week we move away from Premier League action for a look much further down the pecking order.

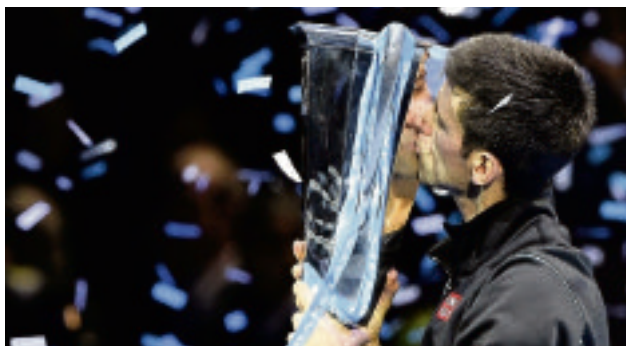
Bristol Rovers have been slowly getting into gear in League Two and they should be backed for a home win over Bury on Saturday.

Rovers have drawn with third-placed Chesterfield and beaten second-placed Oxford in their last two league games while Bury have won just one of their last 10 matches.

James Milton



REUTERS



GETTY

Above left, Nadal sweats during the match against a formidable Novak Djokovic, below, at The O2 arena Above right, the Serb celebrates his second consecutive ATP World Tour Finals victory



GETTY

Novak sees off Rafa to win his third title

TENNIS

Serb hits Rafa Nadal where it hurts – with his indomitable serve

Rob.Virtue

@wharf.co.uk

Novak Djokovic won his second ATP World Tour Final in a row with victory over Rafael Nadal at The O2 on

Monday. The Serbian overcome his rival in just two sets in a game where the Spaniard, number one in the world after a spectacular 2013, started as favourite.

Speaking afterwards undefeated Djokovic, who won £1.3million from the victory, said: "I am very proud of the way that I managed to recover and perform better and better as the tournament went on."

"I had the tough three setters against all of the opponents in my group, and then I managed to raise the level of tennis in the semi-finals and finals when it mattered the most."

Nadal was in no doubt what the telling factor behind the result was.

"One thing that made the difference in today's match was the serve," he said. "I didn't serve well, he served well. On this kind of court, the first shot is very important and he hit that first shot much better than me."

The victory, Djokovic's third in the ATP Tour Finals, saw the undefeated Djokovic pocket \$1,923,000 in prize money.

Meanwhile, in the doubles, Fernando Verdasco and David Marrero beat Bob and Mike Bryan in an epic final by two sets to one.

Powell's side will be thankful for a break

CHARLTON

Rob.Virtue
@wharf.co.uk

Addicks manager Chris Powell will secretly be thankful for an extra few days on the training ground before his side's clash with Queens Park Rangers.

Saturday's 4-2 defeat to Leeds United was not a fair reflection of Charlton's performance, after the Addicks dominated only to be undone by a second-half hat-trick from Ross McCormack, but it will have given Powell some issues to address before the trip across London after the international break.

Firstly the Addicks manager will be focused on getting his injured players back to fitness. Yann Kermorgant appeared as a second-half substitute against Leeds, but Richard Wood was not involved.

Long-term sidelined Leon Cort and Chris Solly are still some way away from a return and are unlikely to feature directly after the international break, which will see Charlton take on third-place Rangers before playing a rearranged



GETTY

Internationals will give Chris Powell a chance to regroup

game against Doncaster three days later.

Powell wants to use the break to prepare for that flurry of matches.

Speaking after the Leeds match, he said: "We're going to have to dust ourselves down

because it's the last break for a long time and we go to QPR and then we have Doncaster Rovers and Ipswich Town.

"Three games in a week will test us again. We'll be ready and we'll give it our all as always."

Lack of goals is a dominant theme

WEST HAM



GETTY

Stick with us: Irons skipper Kevin Nolan

A THUMPING 9-0 win over Gillingham – including two from ex-Gills player Matt Jarvis – on Tuesday was a timely reminder for an experienced West Ham XI about the joys of scoring – and winning.

Saturday's 3-1 defeat away to lowly Norwich saw the Irons linger just above the relegation zone with a testing home tie against Chelsea looming after the international break.

Prospects had looked promising at Carrow Road when Kevin Nolan teed up Ravel Morrison to put the Irons ahead on 32 minutes. But in the end the skipper apologised to the travelling supporters.

He said: "We just need them to stick with us because they have been fantastic."

"We apologise for this result as a whole squad and I firmly believe we'll still be in the Premier League with them at the end of the season. We know we've got to turn it around pretty soon."

Meanwhile, Mark Noble and Joe Cole helped raise over £80,000 for Beckton's Richard House Children's hospice at a recent Secret Garden Ball at the East Wintergarden.

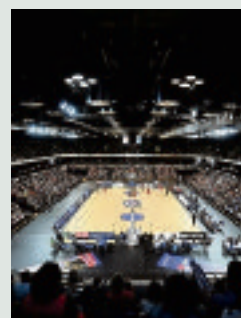
Giles Broadbent

Double delight for the Lions

BASKETBALL London Lions moved to fourth place in the BBL with victory over Birmingham Knights and Cheshire Phoenix.

It was thanks to a 29-point haul from Adrien Sturt that they were able to overcome the Knights on Saturdays.

The 94-69 victory was followed by an 86 to 78 win over Phoenix on Sunday. The Lions entertain Sheffield Sharks at the Copper Box on Friday at 7.30pm.



The London Lions play at the Copper Box on the former Olympic Park

Calamity for dire Blackheath

RUGBY Blackheath were messy, error-strewn and calamitous on a day they will want to forget in a hurry.

They were beaten 25-0 by Cinderford in a game their south-east Londoners could, and should, have won. They continually failed to get the basics right or keep the ball, greasy from morning rain.

Blackheath return to Rectory Field to take on Richmond on Saturday at 3pm.

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the Wharf LEAGUE

RESULTS

DIVISION ONE	
Bayer Neverlusen	8
Docklands Saints	11
Landas Pandas	2
Abou	8
Camden Pathway FC ●	6
Cavendish Allstars	8
Carlos Has The Eyes	7
Athletic Pasty	11

DIVISION TWO

The Wharf FC	7
Jubilee Utd	15
PCFC	14
Bathalona AFC	12
Pavilion Casuals ●	10
The Incredibles	0
We Got No Fans	8
Le Coc FC	10

DIVISION THREE

Wide FC	8
Syniverse	8
Newport Dodgers	6
Efan Ekoku's Elite	14
Newport Dodgers	3
FC Hangover ●	5
ISS Tigers	2
Mentor	9

Last games on October 23.
● = Current league leaders.
The Wharf League is played at
Powerleague in Crossharbour.
Go to powerleague.co.uk.



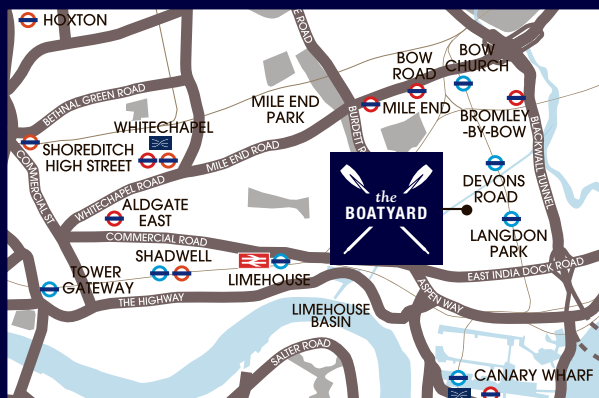
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*Prices correct at time of going to press. Map not to scale. Computer generated images of the development. Typical kitchen style shown.



PROPERTY

Wharf

Canary Wharf's leading property guide



Our special supplement on life across the Thames

P31-42

Why you need to be aware of capital gains

P17

3

of the best properties available in London

P16



Developer hopes site location is appealing

Barratt aims to cash in with its sharp Rotherhithe scheme [Page 17](#)



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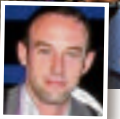
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Tiro Bestonso, right, decided to buy a share of a property at East Village after attending Hard Rock Calling at the former Olympic Park



How I've come to live in a Games legacy flat

Trip to a rock gig at former Olympic Park inspired me to apply for a flat there

Rob.Virtue
@wharf.co.uk

The Olympic Park development East Village, formerly home to the sportsmen and women at last year's Games, is open for business.

This week 35-year-old Tiro Bestonso will be one of the first to move in. The commercial manager, who works in publishing, told *The Wharf* why he took the plunge.

"I was attracted to East Village by the location, the fact that it was part of the Olympic site, and the fact that

there are a lot of sustainable elements to the site," he said.

"I went to the Hard Rock Calling concert in the summer and loved the surrounding parks and green areas at East Village.

"I was aware that the athletes' village was being converted to affordable homes so thought I'd apply.

"I'm also keen on the environmental sensitivities of East Village, with the building's green roofs and carbon-efficient construction methods – anything that helps reduce carbon emissions is good for me."

Tiro will be purchasing through a shared ownership scheme. But he has plans to eventually own the apartment.

He said: "I'm currently staying with my brother in Watford, but before that I was in Finsbury Park sharing with two others in a rented house.

"Getting on the property ladder

Has shared ownership scheme helped?

"It seemed impossible to stump up enough deposit to buy a place outright."

Tiro Bestonso

wasn't even a consideration of mine until I heard about shared ownership options – it seemed impossible to stump up enough deposit to buy a place outright.

"I'm buying a 25 per cent share of a one-bed apartment and I intend to pay off larger chunks of the total property as fast as possible so that I'll gradually have a larger ownership. I intend to own it outright in the coming years."

Tiro works in the City and the move will see him within 15 minutes of the office by bike and there are hundreds of bike stands in East Village

"It saves money and keeps me fit," he said. "Each resident in East Village gets a bike stand and the cycle parks are being built to promote healthier living, so this is really attractive to me.

"I also love the orchards and apparently a rare species of Redstart has been spotted on the site

"Transport links at East Village are second to none and the Westfield shopping centre is right there if I need it.

"My football team plays on Hackney Marshes so I'll be able to get there easily. The nearby leisure facilities are also a big positive.

"I'm excited to be one of the first to move in to this whole new community. The apartment is quite big. I like the balcony particularly and there's good broadband connectivity – it's the little things that all add up."

Go to eastvillageclub.co.uk for more information.



Show home interiors at East Village in Stratford





Above and below right, an artist's impression of how Redwood Park will look when completed in June next year

Peninsula flats are aimed at Wharfes

A 161-APARTMENT development is due to arrive in Rotherhithe in the summer next year.

Redwood Park includes an on-site dental and doctor's surgery and is next to Russia Dock Woodland and an ecological park.

The development from Barratt London will be made up of studio, one, two and three-bedroom apartments and be based on the corner of Downtown Road and Salter Road.

Based in Zone 2, developers are keen to push Rotherhithe's village origins, still very much visible

today, while also emphasising its central location.

Links to Canary Wharf are provided by Canada Water Jubilee and Overground station, just a nine-minute walk away. Alternatively, the Hilton Docklands Pier is only a 13-minute stroll from the development for regular ferry services to the estate.

The first phase will be completed in June 2014 with prices from £225,000 for a studio apartment.

Rob Virtue
Go to barratthomes.co.uk for more information.



Buy-to-let investors slugging it out

Prime price rises tells story of fierce competition to buy one-bed properties

Rob Virtue
@wharf.co.uk

The property boom has really caught on in prime London – the area around Kensington, Chelsea and Westminster – where the average one-bedroom apartment has increased in value by £60,000 in the last 12 months.

It means, in the most expensive parts of the capital, to secure a property you need around half a million pounds.

A report by estate agent Marsh and Parsons revealed smaller homes saw the biggest jump in price, with 14 per cent growth. Overall homes of all sizes saw large increases with the average being more than 10 per cent.

Peter Rollings, CEO of Marsh and Parsons, said: "Competition for one-bedroom properties in particular is fierce.

"Spurred on by the rapidly improved availability of mortgages and low interest rates, first-time buyers are flooding the market in competition for the best properties in this price bracket.

"In addition, one-bedroom properties generate the best rental yields, making them a popular purchase for buy-to-let investors."

Peter said long-term renting was becoming the norm for many young people in the capital.

He said: "We have noticed many young, would-be buyers adopting more European attitudes to renting, with many choosing to become long-term renters, rather than saving up for a deposit.

"As a result, the value of one-bedroom properties in Prime London is shooting up the scale."

The average price of a one-bed in prime central London is £583,036.



One-bed prices in areas such as Kensington have risen £60,000 in a year



Make sure you pay tax on your gains

Q I own a buy-to-let property with a friend of mine as tenants in common. Having had the property for almost 10 years we are tossing around the idea of selling up since the market has had such an uplift recently. We're worried about capital gains tax but neither of us is really sure what our liability is. Can you help?

A You usually don't have to pay capital gains tax when you sell or dispose of your own home.

But you may have to pay it when you sell a piece of land or a property that's not your main residence.

Capital gains tax applies to the gain you make when you sell an asset. It also applies when you give your property away, transfer it to someone else, or



Capital gains tax can apply to sales as well as gifts to family members

exchange it for something else. This includes making a gift of a property to your children.

Typical types of property you might pay capital gains tax on include one bought as an investment, second homes either in the UK or overseas, business premises and plots of land.

Tax relief may be available on properties that constitute business assets or that aren't your main home.

In straightforward cases you need to look at the asset that's being disposed of and work out the gain, then deduct your tax-free annual allowance.

This is currently £10,600 for 2012-2013, work out the tax due on the gains that remain.

The current rate of capital gains tax is between 18 per cent and 28 per cent (the tax rate you use depends on the total amount of your taxable income).

For more information about capital gains tax talk to a qualified tax accountant or go to hmrc.gov.uk.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.

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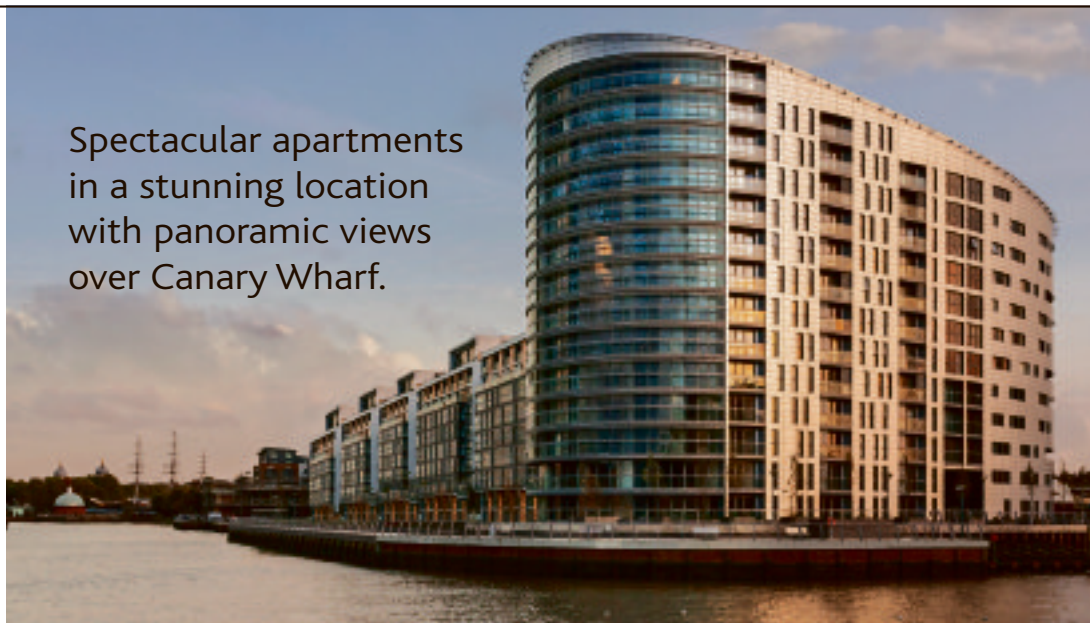
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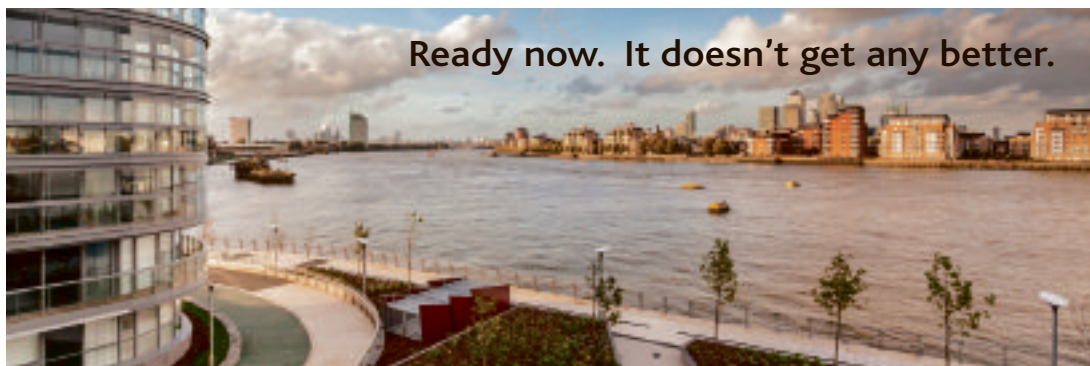
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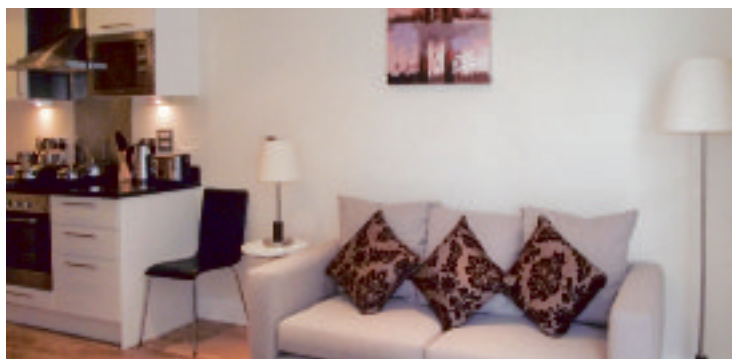
Asking Price £ 345,000



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Life is pleased to present this 925 sq/ft (85.93 sq/m) bright and airy 3 double bedroom apartment. Located on the 6th floor of Denison House within the Lantern's Court development which is located 2 minutes walk to South Quay DLR, in the heart of canary Wharf. The accommodation comprises 3 bedroom and 2 bathrooms.

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e docklands@hollandproperties.co.uk

t 020 7538 5554

Surrey Quays office

192 Lower Road, Surrey Quays, London SE16 2UN

e surreyquays@hollandproperties.co.uk

t 020 7231 8160

**Van Gogh Court, London, E14 3UY****£300 per week**

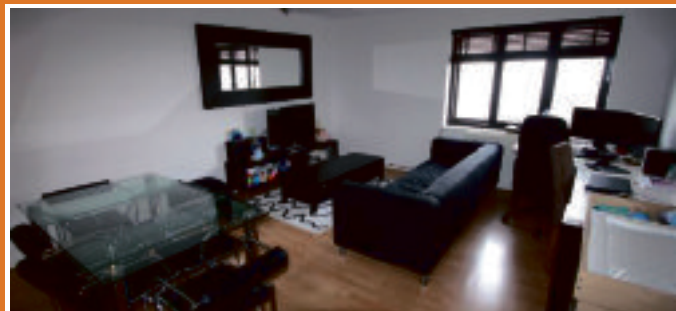
Spacious one bedroom apartment. Recently refurbished and comes with river views, balcony, fitted wardrobes, laminate flooring, off street parking and is within walking distance to local DLR.

**Observatory Mews, E14****£360 per week**

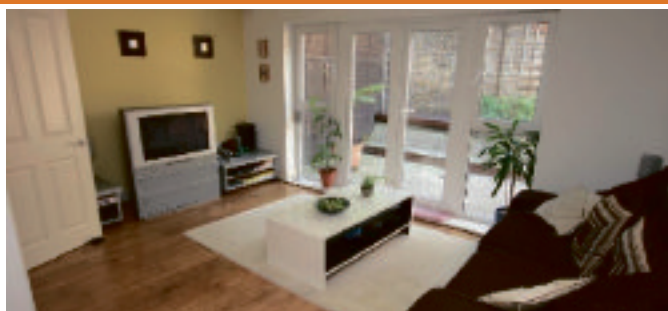
A bright two bed two bath apartment available furnished features a spacious living room with separate kitchen, modern bathrooms, off street parking with easy access to local DLR Stations.

**Burrells Wharf, Docklands, E14 3TW****£365 per week**

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**Van Gogh Court, E14****£365 per week**

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**Gaverick Mews, London, E14 3AL****£580 per week**

Located in Gaverick Mews this is this stunning townhouse. The property offers 4 bedrooms, 3 bathrooms, a private terrace, fitted kitchen, 24 hour concierge, secure parking and gym access.

**Lower Road, SE8****£279,995 Leasehold**

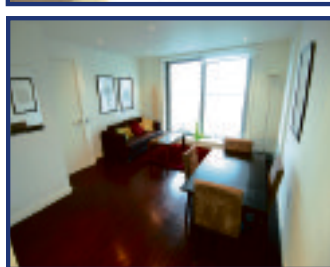
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Situated only 5 mins to Canary Wharf business district and shops and 2 mins to South Quay DLR for quick access to Bank/City. Offered furnished and available now.

Electric heating and cooker

Council tax - Band F

£465 per week

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L Lourdes

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Olympian Court, London, E14

- One bedroom apartment
- Private balcony
- Secure parking
- Leisure facilities

£335 per week

EPC - C



Franklin Building, London, E14

- Two double bedrooms
- River views
- Allocated parking
- 24 hour concierge

£395 per week

EPC - C



Adriatic Building, Limehouse, E14

- Two double bedrooms
- Two bathrooms
- Private balcony
- Allocated parking

£400 per week

EPC - C



Schooner Close, London, E14

- Four bedroom town house
- Two bathrooms
- Secure garage
- Private garden

£495 per week

EPC - C

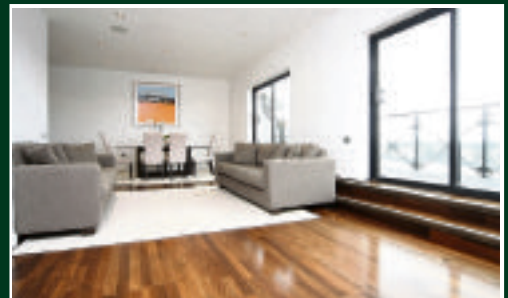


No.1 West India Quay, London, E14

- One bedroom apartment
- Secure parking
- 24hr concierge
- Residents gym

£515 per week

EPC - B



Ocean Wharf, London, E14

- Duplex penthouse
- Three double bedrooms
- Wrap around terrace
- River, City and Canary Wharf views

£995 per week

EPC - D

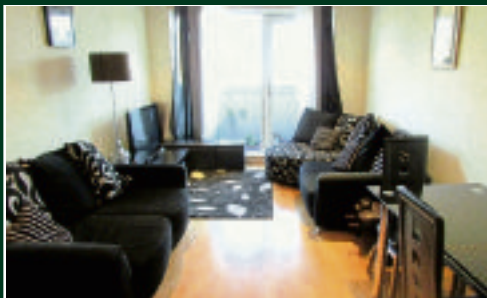


Thermopylae Gate, Mudchute, E14

- Two double bedrooms
- Excellent location
- Top floor
- Private garden

£310,000

EPC - E



Wharfside Point, Blackwall, E14

- Two double bedrooms
- En suite
- Modern development
- Close to Canary Wharf

£350,000

EPC - D



New Providence Wharf, 1 Fairmont Avenue, E14

- Two double bedrooms
- Five star facilities
- Popular development
- Valet parking

£499,999

EPC - D



Equinox, Island Gardens, E14

- Penthouse apartment
- Two double bedrooms
- Private roof terrace
- Immaculately presented

£550,000

EPC - C



Berglen Court, Limehouse, E14

- Two double bedrooms
- Marina view
- Excellent location
- Secure parking

£550,000

EPC - C



Iona Building, Limehouse, E14

- Three double bedrooms
- Modern development
- Secure parking
- Chain free

£550,000

EPC - B

96 Three Colt Street, Limehouse, London, E14 8AP
enquiries@lourdes-estates.com





Chase Evans



St Davids Square, E14 **£925,000 L/H**

Three double bedroom, two bathroom penthouse apartment with high ceilings, two terraces with views over the river to Greenwich, the O2, Canary Wharf and the City. Popular development with underground parking, gymnasium, swimming pool, sauna and 24 hour concierge service.
Docklands 020 7510 8444



Marner Point, E3 **£460,000 L/H**

Three bedrooms, two bathroom apartment with private balcony on the tenth floor of this stylish tower ideally located next to Bromley by Bow tube station. High quality finishing throughout, 24 hour concierge service, residents' gymnasium and communal roof terraces.
Canary Wharf 020 7515 1000



Fathom Court, E16 **£355,000 L/H**

Two bedrooms, two bathroom apartment on the 5th floor of this dockside development. The property features an open plan kitchen with integrated appliances, en-suite bedrooms in the master bedroom and a large wrap around terrace offering stunning views towards the marina.
Pan Peninsula 020 7536 7900



Barrier Point, E16 **£349,000 L/H**

Spacious two bedroom, two bathroom, ground floor apartment with terrace in this riverside development with porter and off-street parking close to Portico Dock DLR. Large reception with dining area, fully fitted kitchen and contemporary bathrooms.
Canary Wharf 020 7515 1000



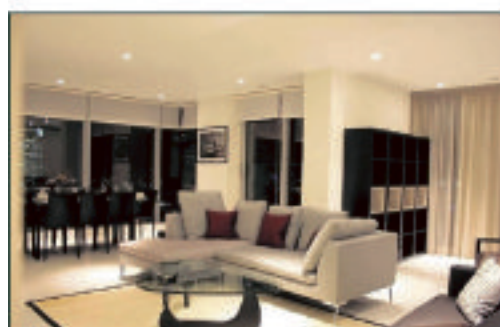
Pan Peninsula, E14 **£299,999 L/H**

West facing studio apartment with balcony, marble shower room, comfort cooling and tiled floors. Pan Peninsula is one of London's premier developments with a fully staffed fitness suite, residents' cinema, business centre, 48th floor cocktail bar and on-site restaurant.
Pan Peninsula 020 7536 7900



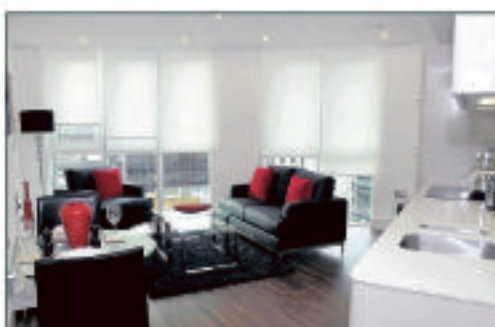
Cumberland Mills, E14 **£259,995 L/H**

Spacious one bedroom apartment of 557 sq.ft. with allocated parking space situated within this gated, riverside development with 24 hour porter located opposite the Royal Naval College within easy access of the Greenwich foot tunnel and Island Gardens DLR station.
Docklands 020 7510 8444



Pan Peninsula, E14 **£1,400 pw**

Three bedrooms, two bathroom apartment on the 39th of this sophisticated development. The property boasts two balconies, floor-to-ceiling windows with panoramic views, fully integrated kitchen and air-conditioning. Ideally located for easy access to Canary Wharf and the City.
Pan Peninsula 020 7536 7900



Altitude, E1 **£450 pw**

Brand new, one double bedroom apartment set within this landmark development on the edge of the City of London with 24 hour concierge and residents' roof terrace. Designer furnishing, fully integrated kitchen, comfort cooling and underfloor heating.
City 020 7488 2777



St Davids Square, E14 **£330 pw**

Beautifully presented, designer furnished, one bedroom apartment with study, balcony, wood flooring throughout, fully fitted kitchen and allocated parking space. On-site facilities include 24 hour concierge service and leisure complex with swimming pool, sauna, spa and gym.
Docklands 020 7510 8444

Canary Wharf office

Horizon Building, 15 Hertsmere Road, London E14 4AW
Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

City of London Office

45 Aldgate High Street, London EC3N 1AL
Tel: 020 7488 2777 | city@chaseevans.co.uk

Docklands office

St Davids Square, 320 Westferry Road, London E14 3QL
Tel: 020 7510 8444 | docklands@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP
Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk



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Aqua Vista, E3

£210,000 L/H

- Studio apartment
- Investment opportunity
- 8th floor, 332 sqft
- Concierge service

EPC - C



Matchmakers Wharf, E9

£265,000 L/H

- One bedroom
- 10th floor, 527 sqft
- Balcony, river views
- Concierge & gym

EPC - B



Aqua Vista, E3

£285,000 L/H

- Investment opportunity
- One bedroom
- Canal Views
- Luxury development

EPC - C



Providence Tower, E14

£329,000 L/H

- One bedroom
- 10th floor, 527sqft
- Balcony, River views
- Concierge & gym

EPC - TBC



Baltimore Wharf, E14

£330,000 L/H

- Luxury studio
- 344sqft, 2nd floor
- Dock Facing
- Crossharbour DLR

EPC - B



Landmark East, E14

£430,000 L/H

- One bedroom
- 11th floor, 559sqft
- Stunning Dock Views
- 24hr concierge & gym

EPC - B



Canary Riverside, E14

£600,000 L/H

- Large apartment
- One bed, separate Kitchen
- Balcony & 24hr concierge
- Canary Wharf DLR & Jubilee

EPC - B



Landmark East, E14

£720,000 L/H

- Two bed, two bath
- 38th floor, 839sqft
- Allocated Parking
- 24hr concierge & gym

EPC - B



Old Sun Wharf, E14

£725,000 L/H

- Two bed, two bath
- Direct river views
- Duplex with Separate Kitchen
- Secure Parking & Day Time Porter

EPC - C



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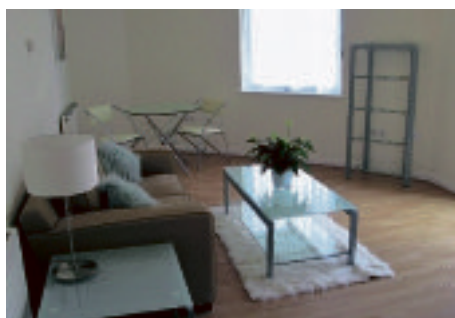


Shepherd Court, E14

£270pw

- One bedroom
- Ground floor
- Balcony
- All Saints DLR

EPC-B



Equinox Building, E14

£300pw

- One bedroom
- South facing Balcony
- River views
- Island Gardens DLR

EPC-C



Panoramic Tower, E14

£310 pw

- One bed apartment
- Balcony
- Gym & Concierge
- Langdon Park DLR

EPC-B



New Festival Qtr, E14

£375pw

- Two Bed, Two Bath
- Two Balconies
- Gym and Concierge
- Langdon Park DLR

EPC-B



Landmark West, E14

£380pw

- One bedroom
- Balcony
- 24hr concierge & gym
- Close to Heron Quay DLR

EPC-B

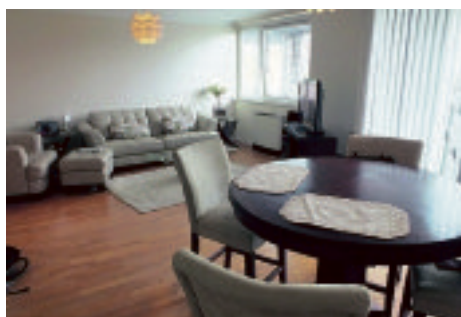


Landmark East, E14

£400pw

- One Bedroom
- 12th floor, east facing
- 24hr concierge & gym
- Heron Quays DLR

EPC-B



Boardwalk Place, E14

£450pw

- Two bed, two bath
- Balcony & Garage
- Blackwall DLR
- Unfurnished

EPC-C

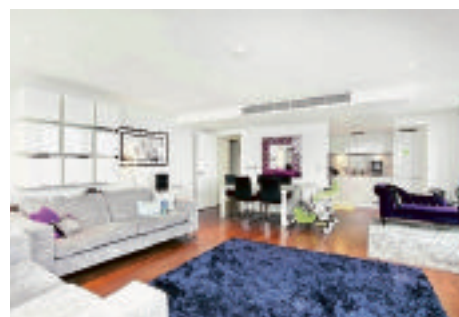


Landmark East, E14

£550pw

- Two bed, Two bath
- 30th floor
- 24hr concierge & gym
- Heron Quays DLR

EPC-B



Landmark East

£950pw

- Three bed, two bath
- 37th floor, West facing
- 24hr concierge & gym
- Heron Quays DLR

EPC-B

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Felicity J. Lord



**VICTORIA GATE
GARDENS, SE10**
£975,000

Victoria Gate Gardens is an exclusive, brand new gated development in The Ashburnham Triangle, comprising two luxury detached houses featuring three large double bedrooms and secure, off street parking

GREENWICH
020 8293 8555
Ref: FJL027103773
EPC B



MAIDENSTONE HILL, SE10 GP £1.1M

An immaculately presented, spacious four storey period terrace, located in the heart of West Greenwich, offering a wealth of period features and generously proportioned accommodation.

GREENWICH 020 8293 8555
Ref: FJL027104026 | EPC C



CATHERINE GROVE, SE10

£425K

A beautifully presented two bedroom split level apartment, featuring the most amazing private 60ft rear garden, off street parking in an enviable location in West Greenwich.

GREENWICH 020 8293 8555
Ref: FJL027104015 | EPC C



ANISE BUILDING, SE1
£735,000

A chance to acquire this stunning warehouse apartment located within the heart of Shad Thames. Offering immense character throughout, this property really needs to be viewed to fully appreciate.

SHAD THAMES 020 7089 6490
Ref: FJL027604451 | EPC C



**VANILLA & SESAME
COURT, SE1**
GUIDE PRICE:
£775,000 - £795,000

A bright and spacious two bedroom, two bathroom apartment found on the fourth floor of this popular Shad Thames development close to the River Thames. The property exceeds 880 sq ft and offers fantastic living accommodation with oak flooring throughout and a spacious reception room with views into the Ginger & Cardamom courtyard.

SHAD THAMES
020 7089 6490
Ref: FJL027604510 | EPC C



ANCHOR BREWHOUSE, SE1
GUIDE PRICE: £850,000 - £900,000

This unique two bedroom riverside property affords wonderful views towards Tower Bridge and over the River Thames. Set in the prestigious Anchor Brewhouse on Shad Thames, the property also offers concierge service and secure parking

SHAD THAMES 020 7089 6490
Ref: FJL027604502 | EPC B

**STANTON HOUSE,
SE16**
£500,000 - £525,000

A three bedroom, two bathroom penthouse apartment in this modern development set along Rotherhithe Street. The apartment benefits from extensive outside space with balcony offering direct river views and private roof terrace accessed via internal spiral staircase offering amazing views across London and ideal for entertaining.

SURREY QUAYS
020 7237 2320
Ref: FJL113200952
EPC C



ACORN WALK, SE16
£420,000 - £450,000

A three bedroom split level apartment in this characterful 1930's development set along Rotherhithe Street. The property benefits from being situated in part of the building which offers river views from the balcony and being finished to a high standard.

SURREY QUAYS 020 7237 2320
Ref: FJL113200926 | EPC C



ELEANOR CLOSE, SE16
£900,000 - £975,000

A beautifully presented four bedroom mid terrace house set over three storeys making the perfect family home. The garage has been converted to give a perfect kitchen/reception/dining area leading out onto a private decked area overlooking Surrey Canal.

SURREY QUAYS 020 7237 2320
Ref: FJL113200933 | EPC C

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Unit 3c, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

Felicity J. Lord



ADRIATIC APARTMENTS, E16 £649,995

Spread over the top two floors is this spacious south facing penthouse apartment. With far reaching views over the Royal Victoria Dock, this two double bedroom apartment also comes with a south facing terrace and secure parking..

CANARY WHARF 0207 987 6776
Ref: FJL026904252 | EPC - TBC



PEPPER STREET, E14 £599,995

This beautifully decorated apartment comes with a fabulous private terrace with far reaching views over the dock and towards the Canary Wharf skyline. With two large double bedrooms, this spacious apartment measures approximately 1000sqft in size. Further benefitting from a secure undercover car parking space and 24 hour security.

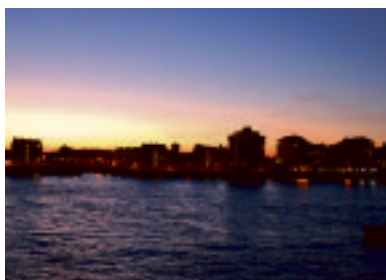
CANARY WHARF
0207 987 6776
Ref: FJL026904259 |
EPC - TBC



BLYTH CLOSE, E14 £349,995

This unusually large two double bedroom freehold house comes with well proportioned rooms and a good sized south facing private garden. Positioned within this quiet cul-de-sac with off street parking. Be quick to view this attractive property.

CANARY WHARF 0207 987 6776
Ref: FJL026904097 EPB - TBC



NEW ATLAS WHARF, E14 £449,950

Positioned on the 3rd floor of this popular river side development is this well proportioned two double apartment with direct views across The River Thames. This contemporary styled property is within walking distance to Canary Wharf.

CANARY WHARF 0207 987 6776
Ref: FJL026904139 | EPC - TBC

PIERHEAD LOCK, E14 £549,995

A rare chance to acquire a unique apartment spread over two floors in this award winning development. This beautifully presented apartment comes with 3 double bedrooms, two bathrooms and a spacious living room with a double height ceiling. A well appointed kitchen comes with fully integrated appliances and a south facing walled garden provides a great space for summer entertaining.

CANARY WHARF
0207 987 6776
Ref: FJL026904155
| EPC - TBC



NAXOS BUILDING, E14 £349,995

This immaculate 1 bedroom apartment comes with river views from all principle rooms and direct access to a private terrace and communal gardens. This contemporary styled property is finished to a high specification throughout. Naxos building enjoys some superb on-site facilities including a residents gym, library and 24 hour concierge. Canary Wharf is also only a short walk away.

CANARY WHARF 020 7987 6776
Ref: FJL026904271 EPC - TBC



INDESCON SQUARE, E14 £599,995

This rare apartment comes with a spacious living room and three large double bedrooms. With a bright westerly aspect, this well presented sixth floor apartment also includes a secure car parking space. Indecon Square is within a few minutes walk to Canary Wharf and South Quay DLR.

CANARY WHARF 0207 987 6776
Ref: FJL026904157 | EPC - TBC

**FREE VALUATIONS
020 7987 6776**

ADVENTURERS COURT, E14

£389,995 - SOLD

Sold by Felicity J Lord in 48 hours. This property was unsuccessfully marketed through one of our competitors for 3 months. Call us to find out about our pro-active approach to marketing.

CANARY WHARF 0207 987 6776
Ref: FJL026904120 | EPC - TBC

New Atlas Wharf, E14

£745,000 - SOLD

Do you have a property to sell in New Atlas Wharf? We have buyers waiting for apartments within the development. Call now to discuss our exclusive fees.

CANARY WHARF 020 7987 6776
Ref: FJL026904113 | EPC - TBC

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After a successful summer selling property we are now in need of 1 and 2 bedroom apartments in E14.

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 INTERNATIONAL



London, E11 £2,250,000 Freehold

A magnificent grade 11 listed Georgian master piece in excellent condition.
 EPC: E



Docklands, E14 £2,250,000 Leasehold

Majestic 41st floor three bedroom 1635 sq ft apartment.
 EPC: B

WHOOSH!

(Our properties are selling at their fastest rate since 2007)

Because it's important to you.

www.hamptons.co.uk



Docklands, E16 £1,100,000 Leasehold

17th & 18th floor duplex penthouse, two bedrooms, terrace 1420 sq ft.
 EPC: C



New Homes, E14/SE10 From £200,000

Selection of brand new 1, 2 & 3 bed apartments in various developments.
 EPC: B/C

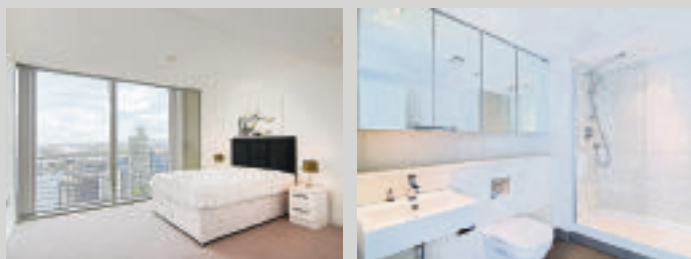
Hamptons Canary Wharf
 Sales. 0207 745 7121 | Lettings. 0207 745 7120





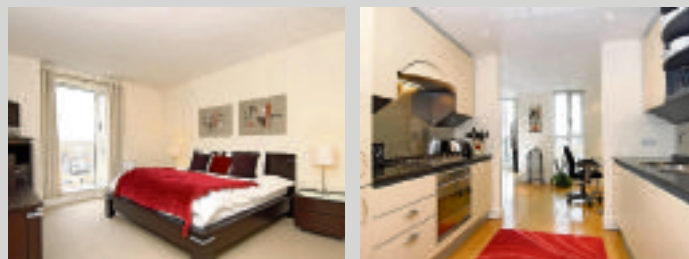
Beyond your expectations
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Marsh Wall, E14 £1,200 per week

This stunning three bedroom apartment is situated on the 37th floor of a popular development boasting far reaching views, balcony, communal gym and 24 hour concierge. **EPC: B**



Westferry Circus, E14 £850 per week

Beautifully presented and spacious 2 bedroom apartment with spectacular views available in the desirable Canary Riverside development **EPC: C**



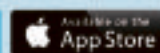
Hertsmere Road, E14 £395 per week

A beautiful one bedroom apartment within this exclusive warehouse conversion. With wooden flooring, exposed beams, exposed brick work and an abundance of character. **EPC: E**



Docklands, E14. £335 per week

A bright, spacious and recently refurbished double bedroom apartment located a short distance from Canary Wharf. **EPC: C**





Basin Approach

£1,950,000 – Leasehold – E14

A spectacular 2126sq ft 11th floor 3 / 4 bedroom penthouse apartment on the Limehouse Marina. The property boasts high-specification fixtures & fittings throughout, a very sizeable Canary Wharf-facing roof terrace & wonderful 360 degree views



West India Quay

£1,499,950 – Leasehold – E14

A spectacular 21st & 22nd floor 2 bedroom duplex apartment in the prestigious No 1 West India Quay development. The property boasts the most sought-after aspect - South & West-facing - in the building, incorporating commanding views of The City.



Cumberland Mills Square

£499,950 – Share of Freehold – E14

A very spacious 1084sq ft 1st floor 2 bedroom apartment in the quiet Cumberland Mills development. The property is in good condition throughout & benefits from a large, open-plan reception with adjoining terrace. 24 hour concierge on-site.



Landmark East Tower

£475,000 – Leasehold – E14

A superb 32nd floor, 556sq ft 1 bedroom apartment in the Landmark East Tower. The property boasts spectacular Easterly views of Canary Wharf, the docks & the river beyond, an exceptional location, & excellent modern interiors. Offered chain free.

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New Providence Wharf, E14 £495 per week

A stunning 2 double bedroom 2 bathroom property in this sought after development New Providence Wharf. The property benefits from direct river views from the reception, balcony and both bedrooms, generous reception with wooden floors and open plan kitchen. There is good storage throughout, both bedrooms have fitted wardrobes, the master bedroom also benefits from an en suite bathroom. The development boasts excellent facilities including concierge and on site pool and gym. EPC rating C.



Garford Street, E14 £550 Per week

A charming home enviably located within walking distance of all Canary Wharfs amenities. The house comprises 3 bedrooms, 2 double bedrooms both with fitted wardrobes, master with en suite and additional single bedroom, separate fully fitted kitchen uniquely designed to make every space workable, downstairs guest cloakroom and spacious reception with patio doors leading out onto a private garden. The property also benefits from off street parking large enough for 2 cars. EPC rating C.



Oxley Square, E14 £280 per week

A modern apartment on the second floor of this new development close to all the amenities and transport links of Bow. The apartment comprises a spacious reception with fully fitted open plan kitchen and access to a private courtyard facing balcony, double bedroom, modern bathroom and excellent storage. Close to both Devons Road DLR station and Bromley-by-Bow tube station. EPC rating C



Corona Building, E14 £400 per week

A modern 2 bedroom apartment in this popular development close to Canary Wharf. The property comprises 2 double bedrooms, 2 bathrooms (one en suite) and a spacious open plan reception with fully fitted kitchen, balcony and secure allocated parking. The development benefits from 24 hour concierge and is enviably located close to Canary Wharf and all its amenities, with Blackwall DLR moments from the property. EPC rating C

Gainsborough House £440 per week

A 9th floor apartment in this very popular development walking distance from Canary Wharf and moments from the amenities of South Quay. The apartment benefits from 2 double bedrooms, 2 bathrooms (1 en suite) spacious reception with open plan kitchen and balcony. The apartment also benefits from a secure parking space. The development itself boasts a residents only gym and swimming pool and has 24 hour concierge. EPC rating C.

Maze Hill, E14 £485 per week

Fantastic three bedroom house in the desirable Maze Hill area between Greenwich and Blackheath. The property comprises of two large bedrooms and one single bedroom, spacious reception room, study with garden view, fitted kitchen with appliances, bathroom with bath and separate shower cubicle, guest cloakroom, garage and off-street parking. Maze Hill is well located for quick access into the centre of Greenwich, shops, bars and restaurants. Close to Maze Hill Station and local bus routes. EPC rating E

St Davids Square, E14 £380 per week

A modern and spacious apartment in this sought after riverside development on the Isle of Dogs, St Davids Square. The property comprises 2 double bedrooms, bathroom, spacious reception and balcony and the development boasts 24 hour concierge, pool, gym and games room. Located close to the Greenwich Foot Tunnel and Island Gardens DLR. EPC rating C.

Adriatic Building, E14 £400 per week

A spacious and modern apartment in this popular Limehouse development. The property is situated on the 2nd floor and comprises 2 double bedrooms (master with en suite) family bathroom, excellent storage and large open plan reception/kitchen with dining area and access to a private balcony. The property also boasts a secure underground parking space and the development has a 24 hour concierge. EPC rating C

Stoneyard Lane, E14 £295 per week

A 2 bedroom apartment in this secure development close to Poplar DLR Station. The apartment benefits from 2 double bedrooms, a spacious reception, separate fully fitted kitchen and a secure allocated parking space. The property is currently undergoing refurbishment and will be ready for occupation mid November. EPC rating C.

New Atlas Wharf, E14 £335 per week

A modern one double bedroom apartment in this popular riverside development near Canary Wharf. The property benefits from a large double bedroom, reception with balcony access and direct river views, separate fully fitted kitchen and modern bathroom. The property is available fully furnished and also benefits from parking. The development benefits from porter and gym. EPC rating B

Ocean Wharf, E14 £440 per week

A modern and spacious apartment in this very popular riverside development walking distance to Canary Wharf and all its amenities. The apartment benefits from 2 double bedrooms, 2 bathrooms, spacious reception with access to a balcony and fully fitted kitchen. The development boasts a porter and residents only gym. EPC rating B

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Estate Agents | Land & Development Consultants



The Heron, EC2Y

- £1,475,000
- Two bedroom apartment
- 29th floor
- Stunning development
- 24hr concierge
- Superb views



The Heron, EC2Y

- £625,000
- Galley Suite
- Unrivalled location
- Luxury development
- 24hr concierge
- Private residents club



Seacon Tower, E14

- £499,995
- Two bedroom apartment
- 14th floor
- Stunning views over the City
- 24hr concierge
- Gym & Leisure facilities



Canary Riverside, E14

- £499,995
- One bedroom apartment
- Superb location
- Over 700sq ft
- 24hr concierge
- Chain free



New Atlas Wharf, E14

- £1,200,000
- Three bedroom apartment
- Superb views
- 1000sqft terrace
- 1550sqft internally
- Secure parking



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AND PARTNERS



EPC
Rating:
D

The Heron EC2

- £1950 pw
- 2/3 Bedrooms
- Corner Apartment
- 24 Hour Concierge
- Floor to Ceiling Windows
- Available Now



EPC
Rating:
C

The Heron EC2

- £1225 pw
- Two Bedrooms
- Two Bathrooms
- 24 Hour Concierge
- Leisure Facilities
- Available Now



EPC
Rating:
D

St Davids Square E14

- £450pw
- Two Bedrooms
- Private Balcony
- Leisure Facilities
- 24 Hour Concierge
- Available Now



EPC
Rating:
C

Merchant Court E1W

- £525pw
- Two Bedroom
- Character Property
- Concierge Service
- Secure Gated Parking
- Available Now



EPC
Rating:
C

Seacon Tower E14

- £440pw
- Two Bedroom
- River Views
- Balcony
- Fully Furnished
- Available Now

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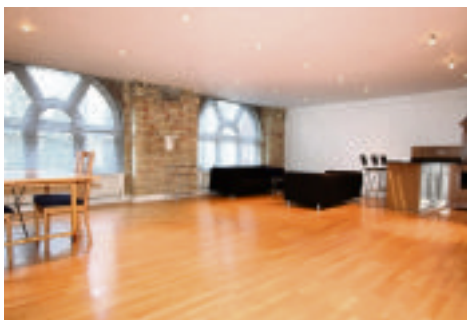
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Bellamys Court SE16

Metro Village are delighted to offer a stunning three double bedroom, unfurnished apartment situated in a sought after development on Rotherhithe Street. The property comprises three good sized double bedrooms with two bathrooms, one of which is an en-suite, semi open plan living and kitchen area with a balcony boasting direct River views and under floor heating throughout. The living area benefits from ample space and plenty of natural light seeps in from the large windows and patio door, the kitchen is well equipped and has plenty of storage.

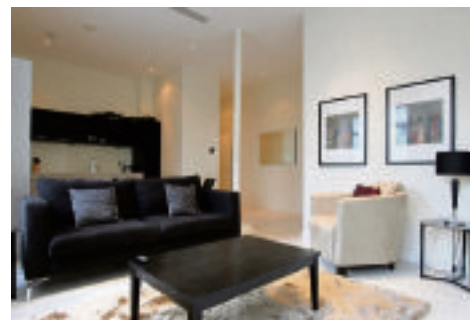
3 bed £590 per week



Pump House Close SE16

Situated within the highly desirable Pump House development. Conveniently located a stone's throw away from Canada Water station, this modern apartment must not be missed and is available IMMEDIATELY! Benefiting from ample living space, this character filled apartment has three double bedrooms with plenty of storage and light. It has two bathrooms one of which is an en suite with a fully fitted stainless steel modern kitchen with tons of work top space. This apartment would suit young professionals and families perfectly.

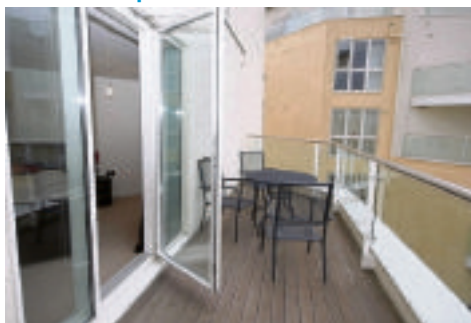
3 bed £600 per week



Leonard Street EC2A

An absolutely stunning apartment on the 1st floor in the popular Leonard street building in the heart of EC2. The property comprises 2 double bedrooms, 2 bathrooms (master with en-suite), very large reception room and open plan kitchen/dining area. Presented for let fully furnished with brand new integrated appliances. Furnished to a very high standard and relatively new you will enjoy comfort and quality. As a resident of this desirable development you will benefit from the 24 hour concierge service, on site gymnasium and sauna in the Bezier Building. The development is positioned within a short distance of both Old Street Underground and Underground (Northern Line) rail stations.

2 bed £715 per week



Eden House SE16

A sub penthouse two double bedroom, two bathroom apartment in the stylish & sought after Water Garden Square development at Canada Water. The property is offered furnished, and benefits from solid wooden flooring in the hallway and open plan kitchen living room and carpeted bedrooms. There is absolutely masses of storage within the property, and plenty of natural light. The development benefits from a porter service, and there is secure underground car parking available by negotiation. The building is located mere seconds walk from Canada Water station on the Jubilee line and also you are within 3 minutes of a large shopping centre with its 24 hour supermarket.

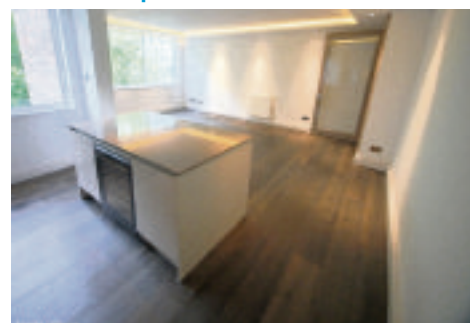
2 bed £480 per week



Fairmont House Maple Quays SE16

This is an absolutely stunning modern two double bedroom apartment in Fairmont House, part of the incredibly popular & highly desirable Maple Quays development at Canada Water. Situated on the fourth floor. This luxurious apartment benefits from new fitted and integrated kitchen. The living room also boasts its own private balcony perfect for enjoying a morning coffee at the weekend or a drink with friends in the evening! This property is offered furnished. Residents have access to a very well equipped modern, clean and private gym as well as a friendly concierge service. The building is located mere moments from Canada Water station on the Jubilee line and London Overground service as well as a large bus station.

2 bed £450 per week



Ebury Street Belgravia SW1W

Metro Village are very proud to present this beautifully appointed one double bedroom apartment on the 4th floor of the incredibly well positioned 55 Ebury Street development in the heart of Belgravia. The large open plan living space and sleek & stylish modern kitchen benefit from wooden flooring and masses of natural light from two large windows. The gorgeous bedroom contains a very large & high quality fitted wardrobe. This property is available immediately, please call now to avoid disappointment.

1 Bed £850 per week

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development SE8

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Sirius House Marine Wharf SE16

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2 Bed £460,000

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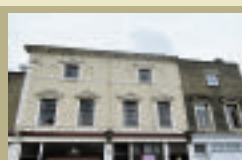
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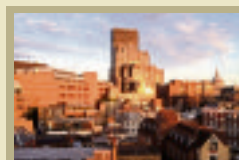
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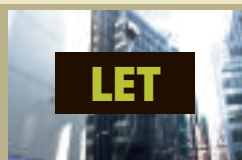
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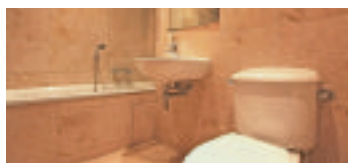
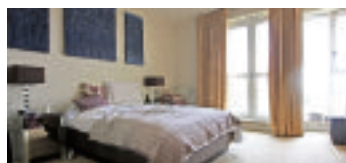


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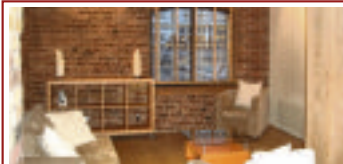
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EATON HOUSE, CANARY RIVERSIDE, LONDON, E14 8RN

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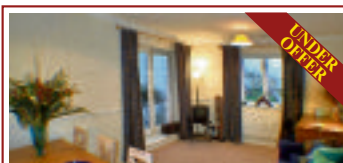
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HERTSMERE ROAD, LONDON, E14 4AE
£395 PW**

- Luxury one bedroom apartment
- Panoramic views of Canary Wharf
- Full time concierge service
- Available 18th November 2013



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- Three bedroom furnished house
- Good sized garden
- Two car parking spaces
- Available now



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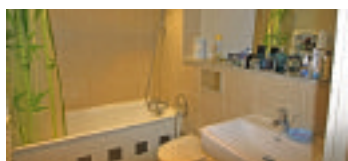
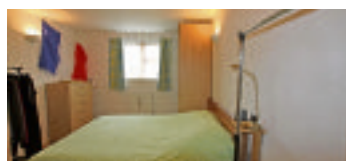
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**FEATHERS PLACE,
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**MAURER COURT,
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£455 PW**

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- & Wednesday 20th Nov '13 4.30pm - 7pm



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HOP STREET, SE10
£499,999**

- Three bed house, circa 1,100 sq ft
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Leasehold



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Phoenix Court, Buckhurst Street, E1

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Spencer James are now in receipt of an offer for the sum of £258,225 for flat 33 Wards Wharf Approach, North Woolwich, London E16 2EY. Anyone wishing to place an offer on this property should contact Spencer James Residential, 8 Hartlepool Court, Galleons Lock, E16 2RL - 02074743636 before exchange of contracts.

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Flat 8 Harrison Bell House, Canning Town, London, E16 4QL. We are acting in the sale of the above property and have received an offer of **£170,000** on the above property. Any interested parties must submit any higher offers in writing to the selling agent before exchange of contracts takes place. Energy efficiency rating C.

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£225,000 Freehold**THIS WEEK'S LETTING
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Britannia Village

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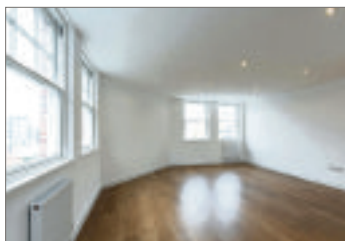
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Medland House, Limehouse Basin, E14

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The Panoramic, Langdon Park, E14

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Pan Peninsula, Nr Canary Wharf, E14

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Victory Pl, Limehouse Marina, E14

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P34-35



**L&Q tells
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P32-33

3

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Places to buy and the benefits of living down south **Pages 31-42**



Olivia Scrimshaw says L&Q has been flying the flag for the borough of Greenwich's property market for many years now

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L&Q explains why it will continue to be a force in this area of the city

Beth Allcock
@wharf.co.uk

South east London is prime stomping ground for shared ownership specialist L&Q. With a plethora of developments across Plumstead and Greenwich, a couple in nearby Woolwich and offerings in Sydenham, the housing association is offering first-time buyers an affordable way to purchase.

Olivia Scrimshaw, assistant director of marketing at L&Q, said: "It's our 50th anniversary this year and we originated in Plumstead, south east London.

"So, for us, the area has always been dear to our hearts. And also, of course, there's the regeneration and transport links here as well, so we've been flying the flag for many years.

"We have always had a strong presence in Greenwich and a good relationship with the Royal Borough and we will look to continue that.

"We have several schemes in the pipeline over and above Woolwich Central and Greenwich Square, which we're mainly talking about so for us, the area is important and will continue to be so."

Buyers opting for L&Q's array of properties are usually those looking to

Why are people attracted to the area?

"Buyers look here and realise they can get more for their money."

Olivia Scrimshaw

enter the property market for the first time. And its offerings in south east London provide an affordable way of calling a property in the capital home, says Olivia.

"There's a huge ripple effect in Zone Three with other property prices being more out of reach for people," she said.

"Buyers look here and realise they can get more for their money. The transport links are excellent – South-

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Read on » Why living in Woolwich will exceed expectation **P40**

KAY LOCKETT

eastern trains go to London Bridge, Cannon Street and Charing Cross in about 20 or 30 minutes and you have got the DLR.

"It's heart-warming as buyers don't feel like they are settling for something – they find these homes are an aspirational product and they can still benefit from the accessibility

Read on »

Greenwich Square and Woolwich Central

Pages 38-41



of the city centre. It's just not in a premium part of the city."

The housing association is looking forward to launching the first phase of affordable units at Greenwich Square in January, as well as currently offering its second shared ownership option – the Woolwich Central development.

BACKGROUND WOOLWICH

Travel to the last stop on the DLR and you will find Woolwich sitting in Zone Four, an area known for the Royal Arsenal, which dates back to the 15th century and was responsible for manufacturing arms for the British Army.

There is a magnificent collection of old military buildings by the Thames and good transport links with the addition of Crossrail coming in 2018.

In its heyday Woolwich was known better known as the home of Arsenal Football Club and the first McDonald's in the UK. Now the town is undergoing major change and regeneration.

VISITING TIME

■ Firepower: The Royal Artillery Museum charts the history of the Gunners from the earliest cannons to the various artilleries employed today.

With rare post-war guns and images of significant events such as the fall of the Berlin Wall and an extensive collection of weapons on show.

Go to firepower.org.uk.



■ Head to Woolwich Market in Beresford Square for bargains, household items and plentiful fresh fruit and veg: "Tray of bananas a pound." Dating back to the 1600s, there are more than 100 open air stalls.

■ A former tram shed that is now a community performing arts space is home to Greenwich and Lewisham Young People's Theatre. There is high-quality professional theatre and arts activities, family shows or take part in one of the drama or dance workshops.

Go to glypt.co.uk.



Computer generated image



L&Q @ Woolwich Central showhome

1 bedroom apartment
from **£205,000***

2 bedroom apartment
from **£260,000***

*Minimum share of 35%





Greenwich has improved a lot since we began

Developer aims to set itself apart with high specifications within its homes

Beth Allcock
@wharf.co.uk

Willmott Dixon has made its first mark on the Greenwich property scene with its flagship offering of Prime Place.

The privately-owned firm is behind the residential slice of a major regeneration scheme at the heart of the village, which will see a collection of apartments created alongside a cafe, hotel and fitness facilities.

Managing director Brian Brady said the developer's debut had been dependent on securing the right site for its venture into the south east London patch.

"All these things take time," he said. "With a development like this we started to look here back in late 2011 and early 2012.

"We were committed to buying here since before things started turning for the better.

"One of the things when we were looking at the site that we really liked was the fact that it was West Greenwich and it had a Greenwich

postcode. A lot of developments have got Deptford postcodes here, so it was unique from that perspective.

"It's very well located and it's not far from the village, Greenwich Market and the facilities around there.

"If you're working in Canary Wharf or living there and looking for an alternative to the shiny buildings and that environment, Greenwich is a great place.

"And there was a lot of money being spent on infrastructure during the time of the Olympics and the area has improved a lot since we have come onto this particular site."

With a variety of developments springing up across the borough, Brian was eager to stress that Prime Place wasn't any run-of-the-mill mixed use scheme.

He said the numerous residential projects currently being built in the town and scheduled for the future were adding more competition to the mix, as well as providing evidence of a great demand from buyers to move to the area.

He said: "One of the things we set out to do is to try to set ourselves apart. Even if sales are tough we will succeed as we are offering something that bit better than the competition.

"We have put a lot of effort into the specification of the product and attention to detail.

And one of the areas we feel we have the edge in is the communal areas and entrance areas.

Why is Prime Place an attractive option?

"If you're working in Canary Wharf or living there and looking for an alternative Greenwich is a great place."

"We worked with an interior designer who normally does hotels to help us design those areas – one of the features is a three-storey atrium.

"It's going to look fantastic. It's not going to be carpets and magnolia walls – there's design in every part of the scheme."

About 40 per cent of properties at Prime Place have been snapped up since its September launch.

A variety of buyers have come on board, including first timers opting for the Help to Buy scheme, empty-nest downsizers and those working in Canary Wharf and the City who want the community feel of an established town.

"We definitely believe in Greenwich," said Brian. "It's an area we want to continue to develop."

Read on »

We take a closer look at Prime Place's offering

Focus / Page 36



Brian Brady
managing
director of
Willmott
Dixon



WILLMOTT DIXON

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Beyond your expectations





A show home interior at Willmott Dixon's Prime Place development



KAY LOCKETT

Read on » Flavours of life in Greenwich **P37-38**



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*Source:journeyplanner.tfl.gov.uk

Eltham Springs SE9



PROPERTY



An artist's impression of a completed Prime Place. Above right, a show home kitchen diner at the development



FOCUS PRIME PLACE

THIS development, with its first phase due to be completed in December, forms the residential portion of a major regeneration scheme in the town of Greenwich.

Located on the former site of Greenwich Industrial Estate, the new homes will ultimately take their place alongside a health and fitness club, restaurants, a boutique hotel and bicycle cafe, as well as a sustainable energy centre.

Buyers can select from its collection

of one, two and three-bedroom apartments priced from £325,000 in a location just steps away from Greenwich DLR and National Rail station.

Inside, properties boast open interiors, finished to a high standard of craftsmanship and to an impressive specification.

Kitchens are by Manhattan and come with stainless steel ovens, touch control ceramic hobs, integrated fridge freezers and dishwashers.

Eltham Springs SE9

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Special focus: Greenwich & Woolwich



Bedrooms offer the same standards of quality, with built-in sliding door wardrobes and – in two particular styles – stylish en suites with Porcelanosa tiling, shower cubicles and heated towel rails.

All apartments feature a private balcony, leading from the living area or bedroom, with some offering access to a terrace.

Beth Allcock

Go to primeplacegreenwich.com for more information.

BACKGROUND GREENWICH

A wealth of Georgian town houses, mixed with new developments and miles of green space make Greenwich a scenic borough with a village feel.

Steeped in maritime history the Cutty Sark, the Observatory and the Old Royal Naval College are only a few of the highlights Greenwich has to offer.

An abundance of pubs, comedy clubs, theatre and music venues such as The O2 close by, means you will never be short of entertainment.

VISITING TIME

■ The National Maritime Museum is filled with inspirational stories of discovery and adventure at sea.

Comprising four sites – the National Maritime Museum, the Royal Observatory, the Queen's House and Cutty Sark – together they illustrate the importance of the sea, ships, time and the stars and their relationship with people. Perfect for an educational and fun day out with the family.

Go to rmg.co.uk.

■ Greenwich Market is renowned for original artwork, crafts, antiques and food.

The covered market has up to 120 stalls showcasing antiques and collectables on Tuesday, Thursdays and Fridays, and craft and design on Tuesdays, Wednesdays and weekends.

You can pick up everything from



a vintage necklace to a limited edition screen print and then refuel at one of the many street food style stalls offering plates from around the world.

Go to greenwichmarketlondon.com.

■ Greenwich Theatre works to support the grass roots of new play creation.

Its history is firmly anchored in the traditions of English live entertainment beginning over 150 years ago when John Green established the Rose and Crown Music Hall at the modern day Crooms Hill site.

From the *Puss In Boots* panto to vibrant contemporary theatre, drama and musicals, it's got it all.

Go to greenwichtheatre.org.uk.

Left, the market
Right, the theatre and below, the National Maritime Museum



KAY LOCKETT



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Disclaimer: * The figure quoted is based on a 45% share of a 1 bedroom apartment of £178,500 and is a guideline and may vary according to individual incomes and circumstances. Your home is at risk if you fail to keep up repayments on a mortgage, rent or other loan secured on it. Please make sure you can afford the repayments before you take out a mortgage. Terms & Conditions apply, see www.lqgroup.org.uk for details. Industrial and Provident Society 30441R exempt charity. Details correct at time of going to print November 2013.



PROPERTY

FOCUS GREENWICH SQUARE

BUYERS looking to make their home in the town have already expressed much interest in L&Q's shared ownership properties at Greenwich Square.

The housing association is partnered with Hadley Mace for the launch of the first phase of 24 shared ownership units – including one, two and three-bedroom apartments – in January.

24

Shared ownership units available at Greenwich Square

The entire development will provide 645 modern new homes, over half of them affordable, as well as communal facilities including cafes, restaurants, a gym, library and business units. Prices at the development have yet to be confirmed.

Beth Allcock

Email greenwichsquare@lqgroup.org.uk to register your interest or go to lqgroup.org.uk.



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A selection of artists' impressions of how Greenwich Square will look when work on the site is completed





The town has ample open space, left, and a wide range of small independent shops such as this one, right, in the market



KAY LOCKETT

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BACKGROUND GREENWICH

EATING AND DRINKING

■ The Gipsy Moth is a Grade I-listed pub serving modern classics and seasonal dishes made with carefully sourced ingredients, cooked to order and served simply, overlooking the Cutty Sark.

Sample a wide range of real ales, warming Sunday roasts and dine alfresco in the all-weather beer garden.

Go to thegipsymothgreenwich.co.uk.

■ Greenwich's original Victorian wine cellar is now The Cooperage – a subterranean cocktail bar set under the high road.

Mixologists are on hand to serve creations made from infused spirits – how about a Manhattan made with smoky bacon bourbon?

The 19th century venue has been decked out with antique furniture, vintage glass cocktail shakers and Chesterfield sofas.

Go to davy.co.uk/cooperage.



■ Martin Heap, chef and gourmet sausage maker creates fine sausages, using the very best of ingredients, prepared from whole cuts of meat, not trimmings, carefully garnished and spiced, then filled into natural casings.

Heaps Sausages in Nevada Street is a quirky neighbourhood deli café cum butchers shop – a homely gem to discover high quality bangers.

Go to simplysausages.co.uk.



TRANSPORT

■ Catch a DLR train bound for Lewisham and get off at Cutty Sark station for the town centre – just nine minutes from Canary Wharf. Or alight at Island Gardens and walk through the Greenwich Foot Tunnel.

■ Greenwich DLR station is an interchange with Greenwich National Rail station, close to Greenwich Library, Police Station and residential areas. The station is five minutes walk from Greenwich town centre.

■ Six trains per hour run on weekdays from London Bridge to Greenwich National Rail Station.



■ Thames Clippers run regular services every 20 minutes from Greenwich Pier.

There are also river buses running earlier and later on week days with additional stops for business travellers. The single journey takes around 10 minutes to Canary Wharf Pier.



Greenwich is awash with pubs and bars and Gipsy Moth and Cooperage are well worth a visit



BACKGROUND WOOLWICH



EATING AND DRINKING

■ The Dial Arch pub, nestled in a heritage setting, offers hearty meals and craft beer on tap.

British classics are served alongside Mediterranean influences with an extensive wine selection, all enjoyed with period features and a roaring open fire. Go to dialarch.com.



■ The Coffee Lounge can be found in the old Equitable House building overlooking the recently regenerated General Gordon Square at the heart of Woolwich.

The independent coffee house is run by locals for locals, serving up blended coffees, handcrafted baguettes and cakes delivered from the Greenwich-based master baker Paul Rhodes.

Go to coffeeloungewoolwich.co.uk.



■ Cornerstone Café is Royal Arsenal Riverside's first independent neighbourhood café designed for the community.

Find homemade British and Mediterranean food using seasonal produce along with great quality coffee and loose leaf teas, glorious sausage rolls and cool urban interior.

Go to thecornerstonecafe.co.uk



TRANSPORT

■ Woolwich Arsenal station is a National Rail and Docklands Light Railway interchange station.

■ Woolwich is served by 18 Transport For London bus routes, including one dedicated night-only route and two 24-hour services.

All routes pass through the town centre. Some also serve the south of the town, the Dockyard area and the Woolwich Common area.



■ The free Woolwich Ferry service operates across the River Thames to North Woolwich carrying cars, cyclists and pedestrians until 8pm on weekdays.



■ London River Services operated by Thames Clipper, provide a peak hour, seven-days-a-week operation to central London from Woolwich Arsenal Pier.



■ A Crossrail station will open at Woolwich in 2018 improving transport connectivity, providing a direct route to Canary Wharf and central London.

L&Q @ GREENWICH SQUARE



Computer generated image

FOR FURTHER INFORMATION PLEASE CALL:

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FOCUS WOOLWICH CENTRAL



Prices at Woolwich Central start at £71,750 for a 35 per cent share of a one-bedroom flat with a total value of £205,000

THE first phase of one, two and three bedroom apartments at Woolwich Central in Love Lane is now available through L&Q's shared ownership scheme.

This new development is located in the heart of the town and designed for contemporary city living, with a stunning communal skyline terrace ideal for relaxing, 24-hour shopping facilities and easy links to central London.

Located above a Tesco store, it is just

a few minutes' walk from Woolwich Arsenal DLR and overground station, and served by several bus routes.

The housing association has partnered up with Spenhill to deliver the shared ownership section of the scheme.

Prices start at £205,000 representing the full value of a one-bed.

Beth Allcock

For more information call 0844 406 9285 or go to lqgroup.org.uk.



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